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AMERICAN

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The Magazine of Self Reliance

MARCH 1992 VOL. 14 NUMBER 3
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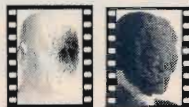
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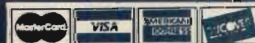
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AMERICAN SURVIVAL

The Magazine of Self Reliance

GUIDE

MARCH 1992 VOLUME 14 NUMBER 3

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The new Hungarian MBK-9HPC compact, high-capacity, double-action, decocking 9 mm pistol. See pages 24, 50 (photo by Scott Stoddard). Inset photos: see pages 55, 75.

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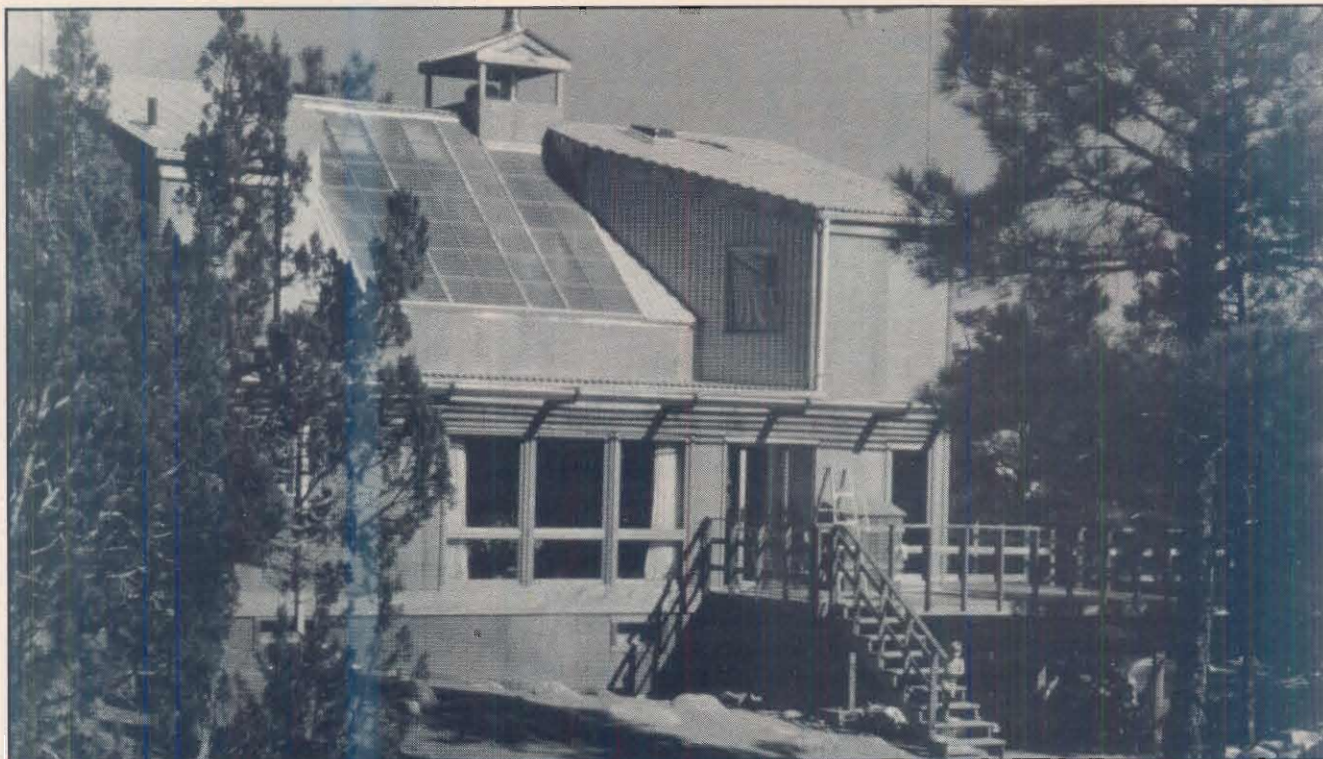
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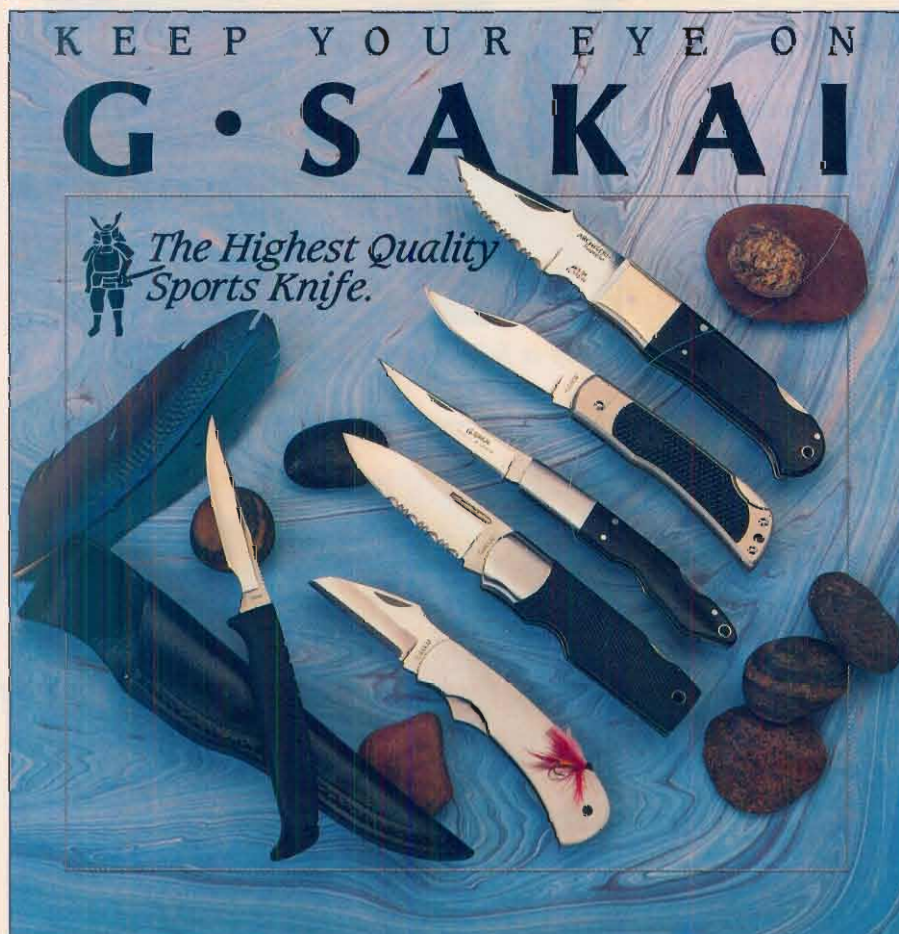
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HERE is California, the infamous *Roberti-Roos Assault Weapons Control Act of 1989* was a big flop.

First of all, and most important, something like 90 percent of the estimated 300,000 "assault weapons" in the state which are listed to be banned and heavily regulated by this law were not registered, as the law mandated.

Secondly, the law was so flawed it was deemed unenforceable by the new state Attorney General Dan Lungren, who pointed out that its wording was confusing and inaccurate.

But, trusty bureaucrat that the Republican Lungren is, he went to work with the anti-gun powers that be up in Sacramento, the state Capital, and the result was a "clean-up" bill sponsored by none other than our great leader, state Senate President Pro Tem David Roberti of West Hollywood. The "clean-up" bill, ostensibly, clarifies the language of the original law, which he co-sponsored, making it enforceable, along with adding a host of additional guns to be banned by it, something Roberti was no doubt salivating over as his new bill was once again passed by the Legislature. Originally listing some 56 specific guns, the new law now

TO THE POINT

California's anti-gun politicians shift into high gear with new, tougher gun ban law. . .

lists about 80, and its language is taken to include even more. If all this weren't bad enough, the law allows the attorney general to add any gun he chooses at any time to the banned and heavily restricted list.

And of course, our new Governor, Republican Pete Wilson, long known as an anti-gun type himself, promptly signed the "clean-up" bill into law.

What this law does is provide a grace period for those people who didn't register their weapons (but who legally possessed them prior to the law's effective date. Only movie makers and law enforcement or military agencies may now legally purchase these weapons in California). They have from Jan. 1 to March 30, 1992 to register them or face stiff criminal penalties if caught.

The backers of *Roberti-Roos* contended that people were simply con-

fused and that was why so many didn't register their guns. Registration requires the owner's fingerprint and a form listing where the weapon(s) is (are) stored, along with other information about the owner. This information is fed into police computers and they are then notified whenever they must respond to a location where these weapons are kept. When queried about this practice by concerned citizens, an official of the California Department of Justice stated that the purpose is to protect law enforcement personnel, and that owning one of these weapons is a "privilege" which the state allows citizens.

It will be most interesting to see how many more people register their "assault weapons" under the new, clarified law.

As I see it, if most of the owners of these guns do, in fact, relent and register them, we in California are doomed to live with increasingly severe treatment of gun ownership and use, and the eventual confiscation of many of our guns.

The facts are that the guns listed under *Roberti-Roos* are not and never have been widely used in crime in this state or anywhere else. Sure, some of them are used in crimes, but there's no question whatsoever that the overwhelming, vast majority of the owners of these firearms have never used them in any criminal activity.

The true, ulterior motive of those who are spearheading the drive to round these weapons up in California is to get as many of them as possible out of the hands of the citizenry. One rabidly anti-firearm-ownership media personality went so far as to demand, on a radio talk show, that state officials let "drug dealers" out of prison to make room for citizens who do not register their guns.

Here in California, as in many other parts of the country where the political left, with the aid of media propaganda, dominate, we have a chance ~~this election year to make a difference~~ in the political process. Every concerned gun owner must get involved and do his or her part. Let's make our numbers count — *Jim Benson*.

The Role of Firearms

Firearms stand next in importance to the Constitution itself.

They are the American people's liberty teeth and keystone under independence. The church, the plow, the prairie wagon and citizen's firearms are indelibly related.

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When firearms go, all goes — we need them every hour.

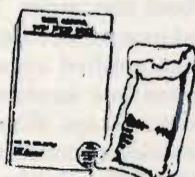
— President George Washington
*Address to the Second Session
First United States Congress*

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SURVIVAL LINE

'Doomsday Clock' set back again, Soviets reveal that they secretly interviewed U.S. POWs held in Vietnam, AIDS-related TB strain on the rise...

FOR the second time in less than two years the editors of the onthly *Bulletin of the Atomic Scientists* have moved back the hands of the so-called "Doomsday Clock."

For almost 45 years the "Doomsday Clock" has been featured on the cover of the *Bulletin*. Its hands are moved closer or farther away from midnight (doomsday) to reflect the editors' views of how close the world is to nuclear war. In 1990 the hands of the clock were moved backwards from 11:58 p.m. to 11:50 p.m. as a reflection of the decrease in world tensions due to the breakup of the Warsaw Pack and the fall of the Berlin Wall.

Now the editors at the *Bulletin* have moved the hands back even farther, to 11:43 p.m. This is the farthest from midnight that the clock has ever stood. The move was made, according to the *Bulletin's* editors, because the threat of nuclear war with what was the Soviet Union, has continued to diminish.

Vietnam POWs' Survival — In a startling revelation on the Australian version of *60 Minutes*, current and former Soviet KGB officials have stated that they interrogated U.S. POWs both in Vietnam and in the Soviet Union well after the end of the Vietnam war in 1975.

Former KGB general Oleg Kalugin said in an interview aired on the October 27th, 1991 edition of *Australian 60 Minutes* that he personally headed a KGB and military interrogation team in Vietnam from 1975 to 1978. During that time he said that the team interrogated captured American POWs in efforts aimed at learning about U.S. military equipment. In another interview a former Soviet navigator, Pavel Ponomaryov, said that he helped fly two captured Americans to the Soviet Union and that he had seen three other U.S. POWs on flights to the Soviet Union from Vietnam.

Other agents who were interviewed for the program said that they believed that the Americans who had been

interrogated might have been killed after being returned to Vietnam after the interrogations.

A Soviet journalist, Yuri Pankov, who took part in making the *Australian 60 Minutes* segment, has also written an article on the subject for the Soviet financial journal *Kommersant*. In that article he says that at least one captured U.S. serviceman had been brought to the city of Sary Shagan located in the republic of Kazakhstan. Sary Shagan has been a key center for Soviet space and laser research.

A U.S. Defense Department spokesman said that interviews with returned American POWs had turned up no evidence of interrogation by Soviet personnel during the war. However, he said the Pentagon is investigating this new report. The State Department said that it had sent two diplomats from Moscow to Kazakhstan in November 1991 to investigate Sary Shagan's report. However, the diplomats were forbidden entry to Sary Shagan, which the Soviets designated a restricted area off limits to foreigners.

TB On The Rise — Earlier in this century tuberculosis was this nation's leading killer disease. The advent of new drugs and strict enforcement of public health regulations all but wiped out the TB threat in the U.S.

Now however, public health officials are warning that TB is once again on the rise in the U.S. Says Dr. Anthony Fauci, head of AIDS research at the National Institutes of Health, the spread of TB "is on the verge of a major emergency and may even be a catastrophe." Last year the number of TB cases in the U.S. hit a nine-year high, with 25,701 new cases being reported.

Researchers attribute the growing number of cases of TB to a number of factors. Among them the AIDS epidemic and a new strain of TB that is resistant to the standard drugs used to treat TB victims. AIDS victims have an impaired immune system which makes them more susceptible to TB infection than the general population. ●

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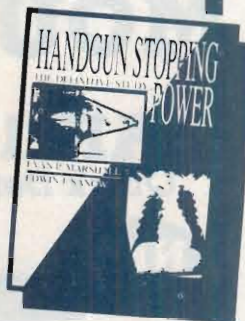


HANDGUN STOPPING POWER

The Definitive Study

by Evan P. Marshall and Edwin J. Sanow

Dramatic first-hand accounts of the results of handgun rounds fired into criminals by cops, storeowners, housewives, soldiers, cab drivers and a host of others are the heart and soul of this long-awaited book by firearms experts Evan Marshall and Ed Sanow. What sets this book apart from all other studies is the inclusion of these results from actual shooting incidents. This work has one goal: to provide accurate wound ballistics and ammunition information that police officers and civilians can use to survive lethal confrontations on the street. By combining case studies of actual shootings with scientifically controlled test firings into 10-percent ordnance gelatin, the authors have developed what may prove to be the definitive methodology for predicting the stopping power of any given handgun load. All other theories and formulas fade in comparison to this data – what really happens when a bullet meets a man. 8 1/2 x 11, hardcover, photos, illus., 240 pp. **\$39.95**



DEATH BY DECEPTION
Advanced Improvised Booby Traps
by Jo Jo Gonzales

This sequel to the best-selling *Deathtrap!* reveals more about how terrorist IEDs are built from such seemingly innocuous objects as computer modems, shower heads, toilet-paper dispensers and traffic cones. Includes detailed instructions and schematic diagrams. For information purposes only. 5 1/2 x 8 1/2, softcover, illus., 120 pp. **\$14.00**

IMPROVISED LAND MINES
Their Employment and Destructive Capabilities
by David Harber

From the author of the best-selling *Anarchist Arsenal* series comes this comprehensive study of land mines. It includes instructions and illustrations for everything from the tiny DH-3 used by the VC to the massive Soviet MON-22, as well as claymores, frags, flying mines and much more. For information purposes only. 5 1/2 x 8 1/2, softcover, illus., 88 pp. **\$12.00**

HOMEMADE C-4
A Recipe for Survival
by Ragnar Benson

Survivors know that the day may come when they need something more potent than dynamite. For blowing bridges, shattering steel and derauling tanks, they need C-4. But it is not available in the U.S., so find out how to make your own by following Ragnar's step-by-step instructions. For information only. 5 1/2 x 8 1/2, softcover, photos, 56 pp. **\$12.00**

STREETWORK
The Way to Police Officer Safety and Survival
by Steve Albrecht

The margin for error for a policeman is measured by his life. So his on-the-job training never ends. In this practical approach to policing, the author shares survival tips and techniques for all cops regardless of the size of the precinct or length of service. A must for anyone interested in surviving the wildlife of today's streets. 5 1/2 x 8 1/2, softcover, 256 pp. **\$19.95**

GET EVEN
The Complete Book of Dirty Tricks
by George Hayduke

A hilarious overview of the methods people use to get even with big business, government and enemies. These dirty tricks range from the simple to the elaborate, including more sophisticated schemes devised by CIA and Mafia members and political dirty tricksters. For entertainment only. 5 1/2 x 8 1/2, hardcover, 208 pp. **\$19.95**

IMPROVISED EXPLOSIVES
How to Make Your Own
by Seymour Lecker

From a former top explosives expert with the Israeli Army comes a manual that presents ten simple yet powerful formulas for explosives and incendiaries that give the basis for making bombs, booby traps and mines. Learn to obtain or make the needed chemicals, or get substitutes. For information only! 5 1/2 x 8 1/2, softcover, illus., 80 pp. **\$10.00**

SECURITY SYSTEMS SIMPLIFIED
Protecting Your Home, Business, and Car with State-of-the-Art Burglar Alarms
by Steven Hampton

Learn the best ways to protect your valuables and loved ones with this professional analysis of the pros and cons of modern intruder alarms. Perimeter systems, infrared detectors, microwave alarms, ultrasonic devices, proximity detectors and more are discussed. 5 1/2 x 8 1/2, softcover, illus., 128 pp. **\$14.00**

THE ADVANCED ANARCHIST ARSENAL
Recipes for Improvised Incendiaries and Explosives
by David Harber

From EOD specialist David Harber comes a bumper crop of new and unusual incendiary and explosive concoctions. Get detailed instructions for gelled nitromethane, ANFO+, nipolit, plus exotic weapons used by terrorists worldwide. For information purposes only. 5 1/2 x 8 1/2, softcover, illus., 96 pp. **\$15.00**

NEW ID
How to Create a Complete New Identity
VIDEO!

If your life is taking a turn for the worse, it may be time for you to start over with a clean slate. *New ID* shows you how to cover up past credit, employment, health, marital or legal problems and face the future with a new past. Find out how to use alternate IDs to travel overseas, end custody disputes, escape harassment and more. Color, approx. 35 min., VHS only. **\$24.95**

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The Encyclopedia of Personal Surveillance
by Lee Lapin

This long-awaited follow-up to the best-selling first volume is a gold mine of the latest techniques and tricks of intelligence collection. Learn how to bypass computer passwords, look or listen through solid walls, gather personal data on anyone and much more! 8 1/2 x 11, softcover, photos, illus., 232 pp. **\$35.00**

NEW I.D. IN AMERICA
by Anonymous

Want one more chance at life with a "clean slate"? Trade in your old identity for a new start. Here is a step-by-step guide to creating a totally new you – with a birth certificate, passport, driver's license, Social Security number – all you need for breaking with your past. 5 1/2 x 8 1/2, softcover, illus., 120 pp. **\$15.00**

BARROOM BRAWLING
The Art of Staying Alive in Beer Joints, Biker Bars, and Other Fun Places
VIDEO!

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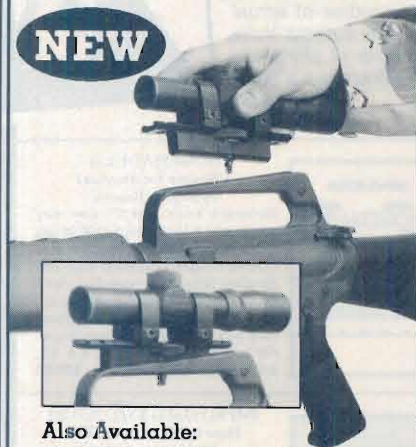
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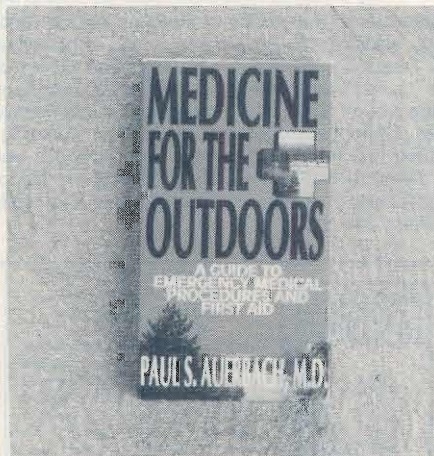
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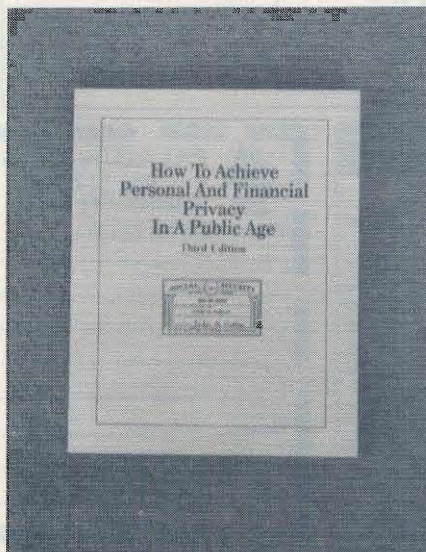
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BOOKS/VIDEOS



Medicine for the Outdoors, a video with Paul S. Auerbach, M.D. AARD-VARK Enterprises, Dept. ASG, 733 Naomi Ave., #I-207, Arcadia, CA 91007; (818) 578-0957. VHS, 48 minutes. \$30 plus \$3 shipping and handling.

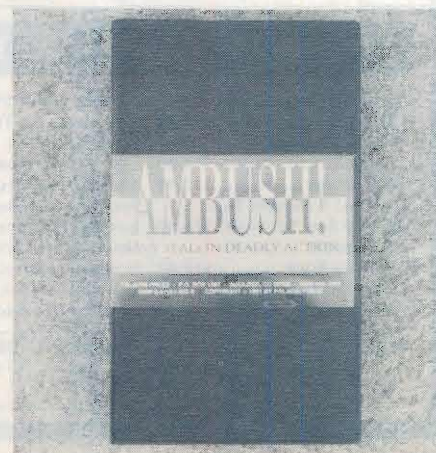
Whether you are backpacking, camping, hiking, fishing, mountainbiking, rockclimbing or just enjoying the great outdoors, knowledge of first aid treatment is a requirement for safe and enjoyable ventures. Dr. Paul S. Auerbach communicates and demonstrates procedures that cover emergencies ranging from the removal of bee stingers and ticks to setting fractures and dislocations and the treatment of head injuries, bleeding and burns. The tape also discusses the necessary preparation for the wilderness, including equipment and medical first aid kits, water disinfection techniques and assessment of medical emergencies.



How To Achieve Personal And Financial Privacy In A Public Age, by Mark Nestmann. Available from: NITRO-PAK Preparedness Center, 13309 Rosecrans Ave., Dept. ASG, Santa Fe Springs, CA 90670-4940; (800) 866-4876 or (213) 802-0099. Softcover, 230 pages \$39.95 plus \$4 shipping.

The modern bureaucrat says, implicitly or explicitly, to a citizen under suspicion, "An honest man has nothing to hide." The proper response to such an accusation is this:

"An honest public servant who is honoring the common-law rights of all citizens has no reason to seek out private information that is protected by common law." The Napoleonic Code, the legacy of the French Revolution and the guillotine, declares that the accused is guilty until proven innocent. So does the IRS tax code. So does the infamous federal RICO (racketeering) statute and the money laundering statutes. Common law says that a person is innocent until proven guilty. The former tradition expands the State and shrinks individual liberties; the latter tradition does the opposite. Why should you worry about financial and personal privacy? (1) Because government and financial institutions have made *enormous* advances in the speed and sophistication of computer and electronic surveillance technology. (2) Because of possible political, religious or racial persecution. (3) And because of the increased threat of fraud, burglary, oppressive government, lawsuits, confiscatory taxes and war. This information is invaluable for survivalists and those who want to keep a low profile.



Ambush! Navy SEALs in Deadly Action. A video from Paladin Press, P.O. Box 1307, Dept. ASG, Boulder, CO 80306; (303) 443-7250. 60 minutes, VHS. \$ 29.95 plus \$4 shipping.

The most devastating terror tactic of U.S. Navy SEALs in Vietnam was the ambush. SEALs were experts at delivering themselves silently to ambush sites, setting up kill zones and laying down blankets of fire from which no enemy could escape. Occasional survivors returned to their villages with chilling tales of the "men with green faces" appearing out of nowhere, bringing sudden, violent death. **Ambush!** features all-new, never before seen footage from the personal archives of SEAL veterans. This is not a rehash of SEAL history — it is an instructional video on the art of the ambush as told by the men who perfected (and in some cases, invented) the tactics. SEAL vets describe what it was like to go out on "wham and scam" operations, the differences between planned vs. hasty ambushes, unconventional methods used only by SEAL teams, the vital importance of the element of surprise and all of the fine details of springing a successful ambush. Filmed with the cooperation of the UDT/SEAL Museum.

Street-Smart Survival, a Nineties Guide to Staying Alive and Living Well, by Victor Santoro. Paladin Press, P.O. Box 1307, Dept. ASG, Boulder, CO 80306; (800) 392-2400. Softcover, 168 pages. \$15 plus \$4 shipping.

With the Cold War behind us, many of the old survival formulas and scenarios are obsolete or have drastically changed. But today's homegrown threats can be just as deadly. And those that don't threaten your life do threaten your lifestyle. In telling you how to cope with today's problems, Victor Santoro identifies high-grade threats such as war, epidemics, terrorism, street crime and even institutions, as well as low-grade threats such as economic recessions, service strikes, lawsuits, medical malpractice and various invasions of privacy. Then he takes a look at real-life scenarios and presents down-to-earth solutions, plus checklists, exercises and calculations designed to prepare you for threatening situations. ●

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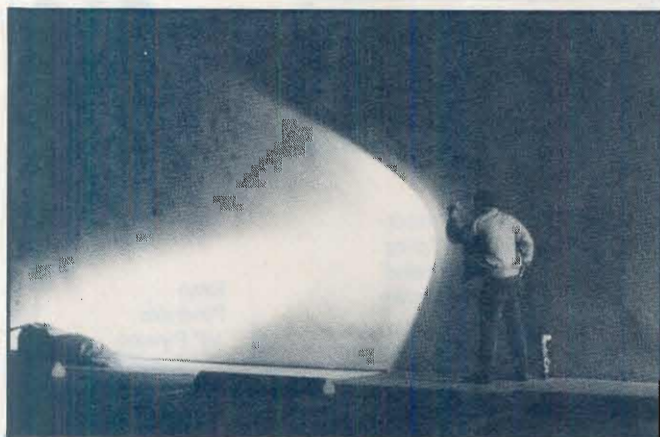


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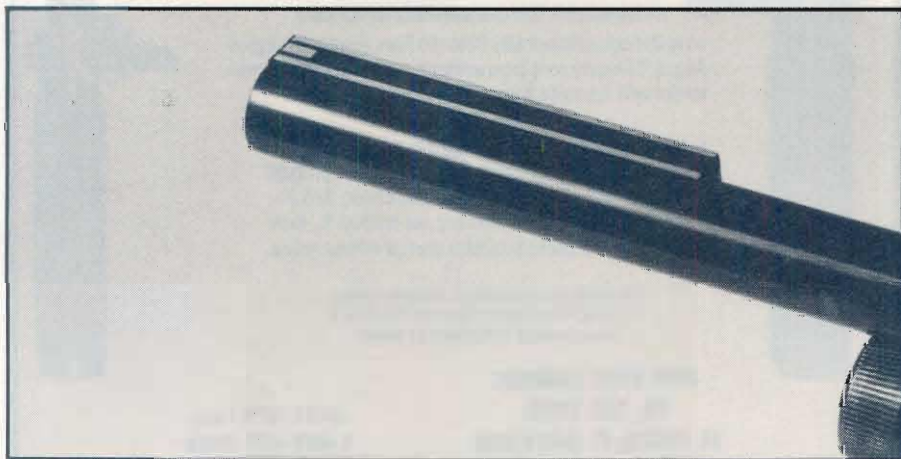
Sure-Fire 6P Flashlight

The Sure-Fire 6P super flashlight is less than 5 inches long, only 1.25 inches in diameter and weighs less than 5 ounces, yet its lamp puts out a whopping 6 watts of brilliant light for more than an hour before needing replacement. A high pressure xenon bulb and proprietary reflector surface are the keys to the extremely bright

light. Operates on two Duracell DL-123A lithium batteries which will store for up to 10 years and still provide full power. Designed for military and police use, the Sure-Fire can be carried anywhere and even works in sub zero temperatures where other flashlights would fade out quickly. Made of tough black 6061 aircraft grade aluminum with checkered and striated surfaces



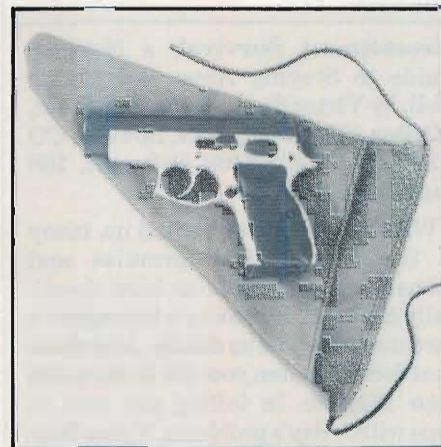
for sure grip. A push button switch at rear instantly turns the flashlight on and off, or the rear section can be screwed down for continuous light. Available for \$60 from the Cutlery Shoppe, Dept. ASG, 5461, Kendall St., Boise, ID 83707-1248; for phone orders call toll free 1-800-231-1272; for information call 1-208-376-0430; fax orders 1-208-376-7608.



Fire Fly Shotgun Sight

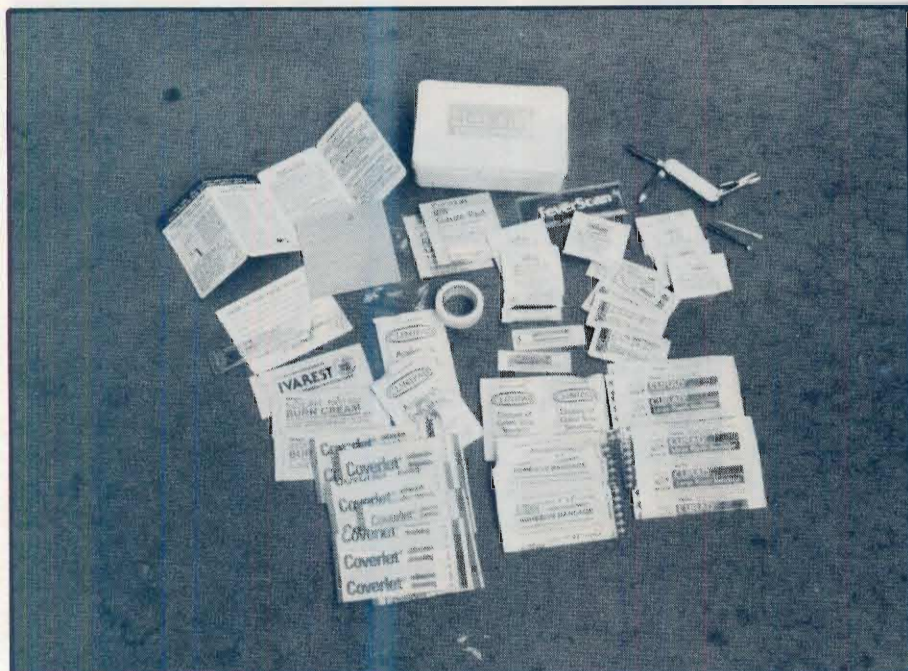
Fire Fly was developed as a gun sight for police in combat situations, but the hunter and shooting enthusiast may be beneficiaries of its use. It was developed by ex-deputy sheriff Julio Santiago and is available for installation on any vent rib or plain barrel 12 gauge shotgun. Constructed of aircraft aluminum, the Fire Fly channel sight mounts on the muzzle end of the barrel and has highly polished top rails. It's virtually rifle-sight accuracy with the speed of a bead. That's because the alignment automatically keeps the shooter's head down for the

right sight picture. All shooting with the Fire Fly is done with both eyes open. Using this technique along with the Fire Fly channel, the shooter will note that the sight picture superimposes on the target like a laser and both the sight picture and target remain in sharp focus while firing. Another unique feature of the Fire Fly sight is the patented hole through the front sight post. This gives the Fire Fly reduced-light shooting capability and also provides a distinct, precise dot for the aerial target. For more information contact JAS, Inc., Dept. ASG, P.O. Box 0, Rosemount, MN 55068; (612) 890-7631.



Pistol Sock

The Gunny Ragg Products Pistol Sock is a bright red flannel triangular pouch with fold-over flap and sewn-in braided nylon ties strings. Available in small, medium and large sizes. The flannel material is free of any impregnation with oils or other material to prevent staining clothing or other items stored with the pistol and to allow moisture to dissipate. Much lighter and more compact than zipper cases or hard plastic. Available at gun dealers nationwide and in Puerto Rico, or contact Gunny Ragg Products, Dept. ASG, P.O. Box 2696, Rock Springs, WY 82902; phone 307-362-7626.



Knuckle Mender II First Aid Kit

Here's a nifty little first aid kit, packed with just about everything you need for a wide variety of minor injuries and illnesses, which is also light, compact and economical. The kit was made exclusively for NITRO-PAK Pre-

paredness Center and contains items specified by NITRO-PAK owner Harry Weyandt, who wants the most complete first aid kit available for such emergencies. The Knuckle Mender II weighs just 7 ounces and is packed in a sturdy white plastic snap-locking case

which measures only 5¼ inches long by 3¾ inches wide by 1⅝ inches thick. It contains 6 antiseptic towel-ettes, 4 non-aspirin tablets, 3 triple antibiotic ointment packets, 1 roll of ½-inch wide adhesive tape, 10 1-by-3-inch adhesive bandages, 1 Ivaest poison ivy cream, 2 bee sting relief swabs, 2 finger tip bandages, 2 knuckle bandages, 2 2-by-3-inch bandages, 4 extra large bandages, 2 2-by-2-inch gauze pads, a FeverScan thermometer, 2 Almag antacid tablets, 1 Kool 'N Fit pain relief solution container, a 3-by-3-inch moleskin pad, 4 pain relief tablets, 2 green soap towelettes, 4 DiGon diarrhea relief tablets, 2 Blistex lip ointment containers, 2 ammonia inhalants, 1 Swiss-Army-type mini knife with blade, file and scissors, 2 burn cream packets, a sewing needle, 2 safety pins and a step-by-step emergency first aid guide. Regular price is \$15.95 plus \$3.95 shipping and handling. As a special for ASG readers, the price is only \$12.95 plus \$3.95 S&H. Order from NITRO-PAK Preparedness Center, Dept. ASG, 13309 Rosecrans Ave., Santa Fe Springs, CA 90670-4940; (213) 802-0099 or toll free (800) 866-4876.

Concealment Holster

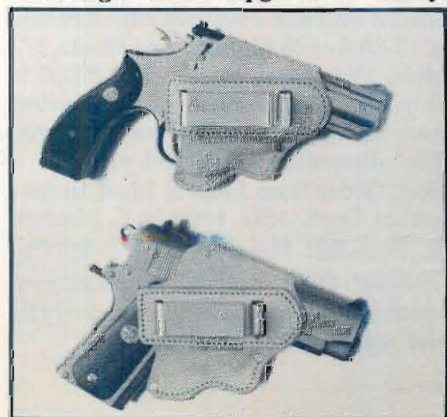
The Just 'n Case Concealment Holster is a compact handgun holster that fits virtually all police type auto pistols and all police type revolvers. It fits all width belts, or can be worn with no belt at all. This unique, patented holster is made from hand selected leather to provide molding suppleness and protection and years of rugged use. The purchaser wets the holster and custom fits it to their particular handgun (using a clear plastic bag or similar covering to protect the handgun). All stitching has been upgraded to heavy

duty bonded nylon, with solid brass plated, extra heavy gauge spring steel to provide good waistband retention (holster will not come off when the gun is drawn), and is positioned at precisely the right angle for carrying comfort and to correctly present the firearm for the draw. Smooth holster interior facilitates firearm insertion and removal while providing maximum protection to the firearm's finish. Natural finish of the holster prevents possible leather dye chemical transfer. Comes

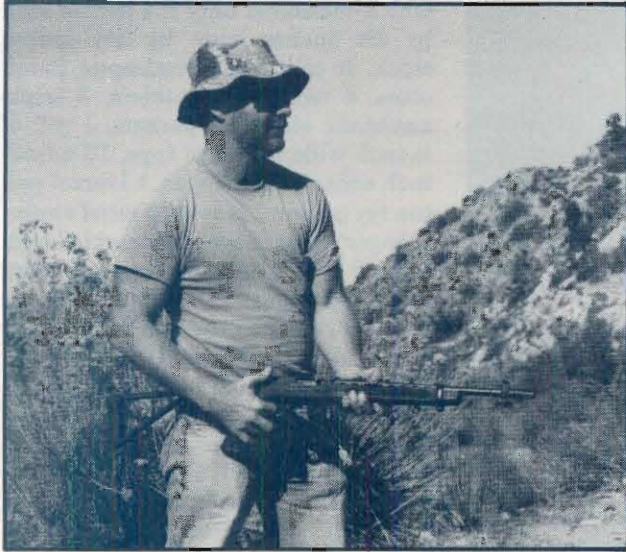
complete with full use, fit and safety instructions. Crafted with pride in the U.S.A. It can be ordered directly from the manufacturer for \$24.95 plus \$5 shipping and handling (CA residents add \$1.93 per holster for sales tax). Specify right- or left-hand models and quantity desired along with clearly printed name and mailing address. Order from Gusto Winds Corp., Dept. ASG, 2950 Bear St., Ste. 120, Costa Mesa, CA 92626; (714) 536-3587.

Heavy Duty 5-Gallon Gas Can

Major Surplus and Survival has a new heavy duty 5-gallon gas can at a reasonable price. This is the famous "Jerry Can" of World War II North African desert warfare fame, a style that has proven to be durable, usable and reliable over the past half century. Bright red in color, the can comes with a screw-on pouring spout. Only \$24.95 plus \$4.50 S&H from Major Surplus and Survival, Dept. ASG, P.O. Box 3796, Gardena, CA 90247; (213) 324-8855 or 8859; fax (213) 324-6909.



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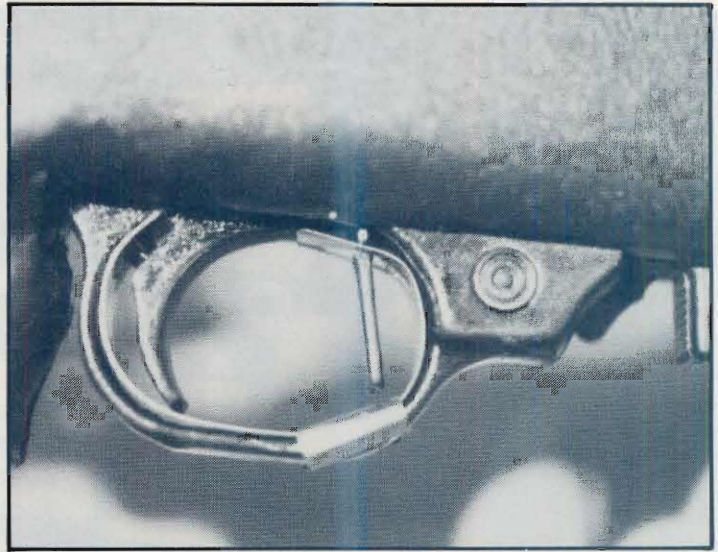


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Heat Factory Sport Mitts

These unique and well made mittens are specially made to be used with Heat Factory disposable hand warmer "warm packs" but also make fine general use mittens without the hand warmers. The warm packs, which heat up due to non-toxic chemical action, provide up to 12 hours of heat each and are slipped into the mittens via a zippered opening between thumb and index fingers. They can then be positioned on either side of the hand and rest between outer shell and inner Thinsulate lining. Shell is wind and

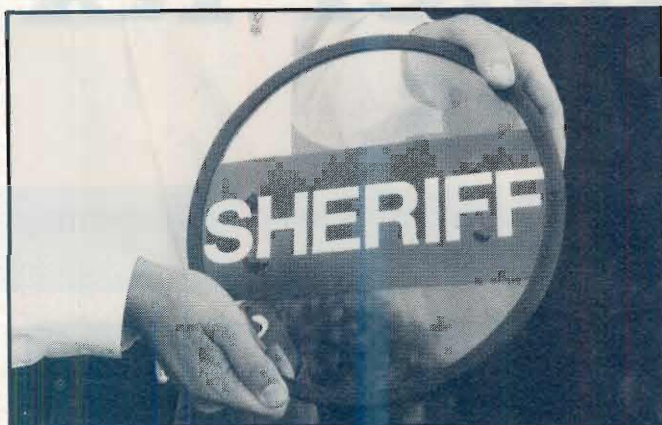
water resistant poplin with Thinsulate barrier and brushed nylon interfacing. Knit wrists keep out snow and cold. Ideal for cold weather outdoors activities where finger dexterity is not essential. The mitts are available in medium, large and extra large sizes for \$39.95 plus \$3.95 S&H per pair (all sizes). They can be ordered with a 6-pack of Heat Factory disposable warm packs for \$44.90 plus \$6.95 S&H. Extra Heat Factory warm packs are \$4.95

per 6-pack plus \$3.95 S&H. Order from NITRO-PAK Preparedness Center, Dept. ASG, 13309 Rosecrans Ave., Santa Fe Springs, CA 90670-4940; (213) 802-0099; or toll free (800) 866-4876.

Guardian Defense Spray

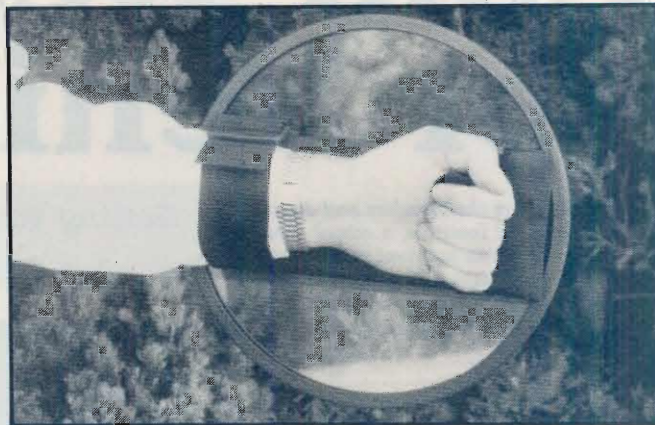
The Guardian protection and criminal identifier device not only hits attackers with a spray of 5% oleoresin capsicum, it also contains invisible ultraviolet and visible dye solutions which cannot be washed off for several days. Also useful for dog attacks, drug abusers, psychotics, drunks. Does no permanent damage. Available in three sizes: ¾-ounce pocket/purse unit with keyring carrying case (shown here, 4" high, 1/8" diameter, 40 shots) with a range of 6-8 feet for \$14.95 plus shipping; 3-ounce blaster unit with a range of 15-20 feet (5 high-volume blasts, 5" high, 1 3/8" diameter), for \$24.95 plus shipping; and 3-ounce power blaster unit (6 high-volume blasts, 6" high, 1 3/8" diameter) for \$24.95 plus shipping. Order from Lock & Load Distributors, Dept. ASG, 1790-10 E. Market St., Suite 224, Harrisonburg, VA 22801; (703) 289-6892. Send \$2 for catalog of special purpose ammunition, targets and other self-defense products.





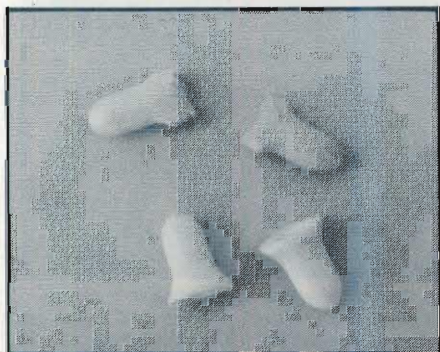
Personal Defense Shield

The new Personal Defense Shield, made by Officer Safety First Company, is designed primarily for use by law enforcement officers defending themselves in riots and similar situations such as when they must respond to disturbances at parties, bar fights, etc.



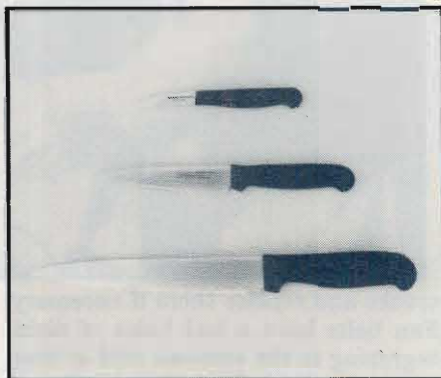
The shield design is based on the ancient gladiator shields. It's made of 100 percent lexan one quarter inch thick and measures approximately one foot in diameter. On the rear side is an extra piece of lexan covered with nylon and adjustable nylon straps where the user's arm fits. It is light and meant to be used instinctively,

with a baton or gun in the other hand. The Personal Defense Shield is available to law enforcement personnel for \$45 plus \$5 shipping and handling each from Aardvark Enterprises, Dept. ASG, 733 Naomi Ave., #1-207, Arcadia, CA 91007; (818) 577-0671. Also available on a limited basis to civilians. Contact Aardvark for more information.



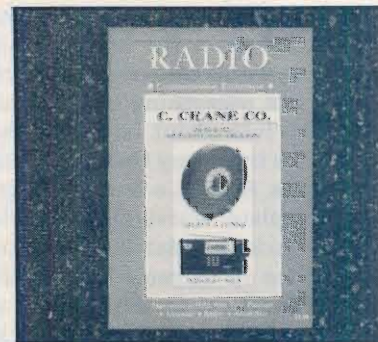
Max, Max Lite Earplugs

Gunny Ragg Products is now distributing Howard Leight Industries ear protection products, including the Max and Max Lite foam ear plugs for shooters and others who need hearing protection. These neat, comfortable and re-usable sets of ear plugs are easier to use than common "barrel" foam ear plugs. Max plugs are flared on one end for a better fit and to prevent over penetration of the hearing canal. Max plugs have a noise reduction rating (NRR) of 33 decibels. The low pressure Max Lite plugs have an NRR of 31 decibels and are designed for small women, children and people with very sensitive ear canals. Available from gun dealers nationwide and in Puerto Rico, or contact Gunny Ragg Products, Dept. ASG, P.O. Box 2696, Rock Springs, WY 82902; phone 307-362-7626.



Spyderco Kitchen Knives

Once you try the outstanding Spyderco kitchen cutlery you don't want to use anything else when working with food. Made exclusively for Spyderco, Inc., by Masahiro in Seki, Japan, these knives are made of MBS-26 high carbon stainless steel and the larger knives feature the famous serrated SpyderEdge. Handles are tough black rubber. There are three sizes available from Major Surplus and Survival: small 2" blade pairing model (\$11.95 plus \$2 S&H); medium 4½" blade serrated edge (\$14.95 plus \$2 S&H); and large 8" serrated carving model (\$24.95 plus \$2 S&H). Buy one of each size or \$47.50 post paid. Order from Major Surplus and Survival, Dept. ASG, P.O. Box 3796, Gardena, CA 90247; (213) 324-8855 or 8859; fax (213) 324-6909.



Communications Equipment Catalog

The C. Crane Company has announced the release of its latest catalog. This 47-page booklet is filled with AM/FM radios, short wave radios and scanners, antennas, speaker and books. Those already familiar with the company will find numerous new products. Newcomers to the exciting world of radio listening will be particularly pleased with C. Crane's focus on demystifying radio for beginners. To get your copy, write to C. Crane Company, Dept. ASG 147 Watson Lane, Fortuna, CA 95540, or call their 24-hour answering machine at (707) 725-9000. Send \$3 and receive the catalog plus their pamphlet, *Short-Wave Antennas for the Non-Rocket Scientist* via first class mail. For orders call toll free 1-800-522-TUNE (1-800-522-8863). ●

Winter Driving:

Cold Weather Rx For Vehicles

The authors are the founders and directors of World Survival Institute, a school offering courses in wilderness survival subjects which also makes and sells video tapes of those courses. For more information, contact WSI, Box 394, Tbk, AK 99780; phone (907) 883-4243 — The editors.

By Chris and Gretchen Janowsky

HIS car wouldn't start and it was 50 degrees below zero. He put a weed burner under his vehicle and then left it unattended. The car was parked on a hill in front of his house. The vehicle had a very oily and dirty engine and transmission which caught on fire and in turn started the rest of the car on fire.

To make matters worse the flaming vehicle rolled down the hill right up to his house, which also caught on fire. The man lost everything in a matter of minutes. Talk about having a bad day! This is a true story that happened in Fairbanks, Alaska, a few years ago.

Any complete survivalist should know the tricks for starting and running vehicles in extreme cold conditions. We live here in the interior of Alaska and this is also where World Survival Institute is based. It's normal here to expect winter temperatures 50 below and at times to see the mercury drop to 70 or 80 below zero. It's nice for teaching winter survival but the pits for starting vehicles or equipment. But anything is possible if properly approached and you know the tricks of the trade.

First, your vehicle should be in good repair, especially in the winter. Even a simple repair job at 60 below can become an impossible task. Steel breaks, rubber shatters, plastic cracks and flesh freezes in seconds. Remember if you do have to make a repair do not ever touch any metal with your bare hands. If you do your hand will be permanently stuck to it.

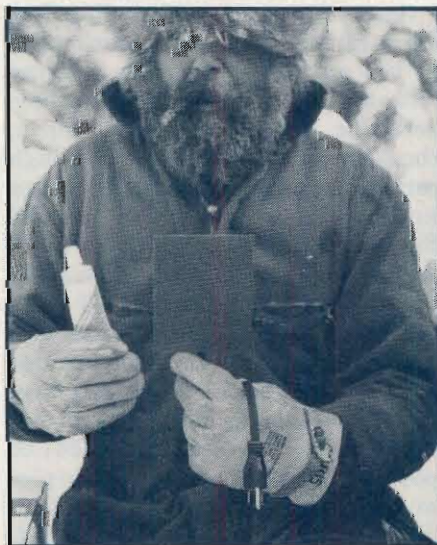
Take the time before winter hits to make sure everything is right, and that includes a tune-up, points, plugs, etc. Check all your fan belts for wear or

Getting your vehicle started and keeping it running in extremely cold weather. . .



A snap-on "weather front" made of a durable material that won't stiffen in the cold. Snaps are screwed into the chrome around the grill to hold it in place.

cracks and replace them if necessary. Fan belts have a bad habit of disintegrating in the extreme cold so keep extras on hand. Fix all oil leaks and change the oil and filter. Number 10



A silicone pad heater for the oil pan.



The "handyman" versus the hydraulic jack. The hydraulic one will not function in the cold.

weight oil is best in most vehicles. I've seen multiple viscosity oil get so thick in extreme cold you can't even pour it.

A new truck is not necessarily the answer to winter. An older truck is much simpler to work on and if you are using it off the road much you won't mind the scratches and dents that you will get. New or old you will have to perform some winter magic on it. The battery or batteries are your first step in starting the engine. We suggest two batteries hooked in parallel. Your voltage will remain the same but your available amperage will double. When using twin batteries buy them both new, the same make and model, and install them both at the same time. Mis-matched batteries hooked together causes the stronger of the two to lose some of it's charge to the weaker one. Once the batteries have been installed we strongly suggest battery blankets. This is a soft heater that surrounds the sides of the battery and when plugged in to a 110-volt outlet, warms the battery to give you full starting power. Also, make sure all battery connections are clean and you have good secure grounds.

If you have power, whether it comes from a utility company or a generator, cold weather starting becomes easier. If you are using a generator remember that it won't want to run in the cold either. If it's a small portable generator it should be placed in a cardboard box or something similar that will allow the exhaust to escape but still hold some heat. This will increase the



Junction for cords from battery blankets. Oil-pan heater and circulating heater rigged on the bumper so that they can all be powered by one extension cord.

life your generator dramatically. (Of course the generator won't start in the cold unless you've been keeping it in a warm place.)

They make electric block heaters which work fairly well and would be our last choice for electric heaters. We like a combination of heaters, each serving a different purpose. For a really good set up we start out with the battery blankets. Next, we like a water circulating heater. This device will heat the water in the engine and keep it circulating.

Next, is what is usually called a silicone heater. This is a small pad that is glued to the bottom of the oil pan with a special silicone glue. This heater warms the oil in the pan so that when the engine is started, warm oil is immediately pumped throughout the engine. This combination we have found to be ideal. You are starting a warm engine with warm batteries and immediately servicing the engine with warm oil.

Strange Things — Now that we have the vehicle started we have to give some thought to the rest of the machine. Strange things start to happen once

it gets below -50. The brakes don't want to work; neither does the steering; the transmission doesn't want to shift; the engine temperature doesn't want to get up to where it belongs which also means you have limited heat inside the vehicle (including your defrosters); if there is any moisture in your fuel system it will freeze and your tires feel like they are made of solid steel and flat on the bottom.

One very serious concern should be the gears in the rear-end and the transmission. A standard transmission and the rear-end contain 85-90 weight oil. This oil at -60 has a consistency of somewhere between putty and concrete. This is not good for the gears and must be remedied. They make an arctic lube just for this purpose or you can mix in 10 to 20 percent Marvel Mystery Oil by volume. This will remedy the problem. Also, Mystery oil can be added to the crankcase oil for better performance. As a top cylinder lubricant it should be added to your gasoline, 4 ounces to each 10 gallons of fuel. This stuff really works and extends the life of your vehicle.

The steering and universal joints should all be re-lubed with low temperature grease like that used on snow machines. Your shocks should be the gas-filled type. Oil-filled shocks self-destruct in the cold. Gas line antifreeze should be added to the fuel to help prevent moisture in your fuel system from freezing. Your tires should be of good quality. We've seen cheap tires freeze and actually break at 80 below.



Putting a portable generator in a cardboard box when it is very cold holds some of the heat in and increases the efficiency and life of the generator.



A small master heater warms not only the engine but the whole undercarriage.

Cold Weather Rx For Vehicles



Gasoline antifreeze and Marvel Mystery Oil: two of the secrets to operating vehicles in extreme cold.

As your vehicle is moving you are forcing super cold air through the radiator. This is worsening everything that you are trying to overcome. Shield the radiator with a grill cover of some sort. Even cardboard will work. Anything that will limit the air flow will help. Keep your fuel tank full. This will help reduce condensation inside the tank. Any accelerator cables, linkage etc. should not be lubricated with oil but with graphite. Oiled linkages and cables will seize up.

When you are using your heaters to warm the engine you will also need an extension cord. This will also have to be a special cord. It's called an arctic cord and will withstand the cold. A regular extension cord will shatter in the real cold. As you heat the engine, a good idea is to cover the hood and windshield with a blanket of some sort. The thicker the better. An old sleeping bag is an excellent choice. This will help keep the precious heat in. Another good way to heat a vehicle is to place a master type heater in front of it. Most of these heaters burn kerosene or #1 diesel fuel and are fan-assisted. This method delivers a lot of safe heat the entire length of the vehicle, thus not only heating the engine but the transmission and rear-end as well.

One simple thing that will help keep your engine warm while it's running is to replace your existing thermostat with a high range model. The new thermostat will not open until the engine gets warmer. This little trick also helps you with your heater and

defrosters. Save the old thermostat. You probably will want to put it back in come summer.

We're sure you all carry a jack and a lug nut wrench in your vehicle to change a tire if necessary. Remember here that all jacks are not created equal. The major types of jacks are either mechanical or hydraulic. Use a mechanical jack — the fluid in hydraulic jacks will freeze and render them useless. And naturally, don't touch a metal jack, the lug nuts or the wrench with your bare hands. You should always keep a couple of pairs of warm work gloves in your vehicle for situations like this. Spare tires many times will lose their pressure in the extreme cold. If it's not bad enough already that you have to change a tire at 70 below, now your spare is flat.

This situation is not as simple as one might think. Given the right temperature and location it could become life threatening. You should always have a 12-volt tire pump in the vehicle, it could save your life! If the air pump is stored in a cold area of the vehicle, it, like everything else, will not want



A battery blanket allows a battery to put out a full charge, even in the cold.



If all else fails, the weed burner and a piece of stove pipe will warm up a vehicle — if you're careful.

to run. The rubber air hose will shatter, the 12-volt power cord will crumble and if for some reason you managed to start it, it would simply self-destruct in seconds. Put it in the vehicle near the heater for a while to warm it up.

Once it's warm you will want to work fast. Have the tire ready with the valve stem up and the valve cap off. Make sure the valve is clear from snow or other debris. Plug the pump into the cigarette lighter socket and get the air hose on the tire valve as quickly as possible. The rubber gasket inside the connector on the end of the air hose will freeze very quickly and you won't be able to make a seal on the tire valve.

Depending on the temperature you may have to repeat the warming process many times. I personally put a longer air hose on my pump so at least the pump can run inside the warm vehicle.

Depending on the emergency, you should leave the engine running whenever possible. There is always the chance that if you shut off the engine when it's very cold, it may not start again. It's incredible how fast an engine will cool off at these temperatures. Also keep the fuel tank full so you can idle the vehicle for long periods of time without cutting yourself short on fuel. And naturally, keep tools and emergency equipment in the vehicle at all times. We would like to cover this life-saving emergency equipment topic but that's a whole article all in itself.

These are some of the tricks that are used at 60 below and they all work. Even if your area doesn't get that cold but it does get below freezing, these tricks can add life to your vehicle and make cold weather starting a lot easier on you. Winter brings with it a certain amount of problems, but for the complete survivalist there are always solutions. We like to look on the bright side of winter; the bugs are all gone! Happy winter driving! ●

The Eternal Warrior

And the keys to life long self defense (See Article this issue).

John McSweeney is a 7th degree black belt in the International Kenpo Karate Assn. He is the founder of Karate in Ireland and presently teaches at his school in Elmhurst IL.



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Tube Tents, Survival Bag

ONE of the survival basics is shelter.

While you can spend a lot of money on sophisticated and effective equipment to help you keep warm and dry in a survival situation, there are also simple, expedient products which will do the job in a pinch. Among such products are the Coghlan's two-person tube tents and survival bag available from NITRO-PAK Preparedness Center.

The tube tents come in two sizes and material thicknesses. One is the 8-by-10-foot model made of bright orange, 2.5-mil-thick polyethylene and weighing only about 1 pound. It comes folded into a compact package which fits conveniently into your day pack or fanny pack. A slightly larger, heavier tube tent is the 9-by-12-foot model made with 3-mil-thick bright orange polyethylene (under 25 ounces).

These tents can be quickly unfolded and put up by simply running a length of twine or cord through them and tying each end to a tree or other stationary object for support. Bedding and other gear placed on the floor gives the necessary base support to keep the tent's triangular shape.

These tents aren't made to provide a lot of warmth, but they are good for helping provide protection from wind and rain (severe weather would require additional protection). The 8-by-10-foot model is \$6.95 plus \$3.95 shipping and handling. The 9-by-12-foot tent can be purchased for \$10.95 plus \$3.95 S&H.

The survival bag is a bigger, heavier, more effective version of the old trick of using one of those plastic trash bags for expedient/emergency protection. It's 84 by 36 in ches, made of bright orange, 3-mil-thick polyethylene and weighs just 9 ounces.

It also comes folded neatly into a compact package which can be easily carried in a large pocket, waist pack or day pack, etc. Provides instant protection from wind, rain, snow, cold, etc. Helps prevent hypothermia by hold-



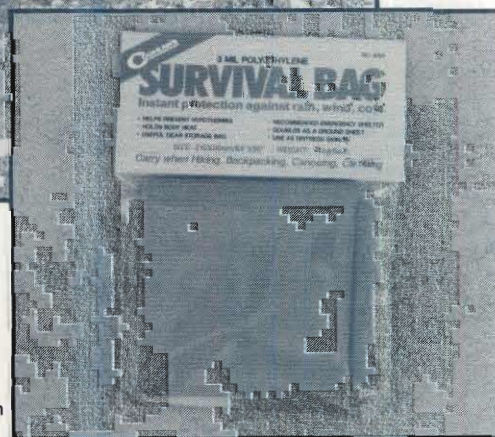
The 8-by-10-foot tube tent accommodates two persons, is lightweight and easy to put up.



The survival bag is bigger, heavier (but still lightweight) and more effective than using a plastic trash bag for hypothermia protection.

Weighing only 9 ounces and folding into a compact few inches square, the survival bag can be carried anywhere.

ing in body heat. Also useful as a ground sheet or emergency signaling device. Take one of these along whenever you go on those wilderness excursions, and carry one in the back of your car or in your survival kit for those times when you may be stranded and need the protection. Two survival



bags can be purchased for \$8.98 plus \$3.95 S&H.

Order from NITRO-PAK Preparedness Center, Dept. ASG, 13309 Rosecrans Ave., Santa Fe Springs, CA 90670-4940; (213) 802-0000; or toll free (800) 866-4876. ■



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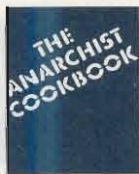
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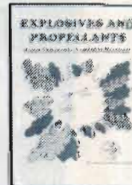


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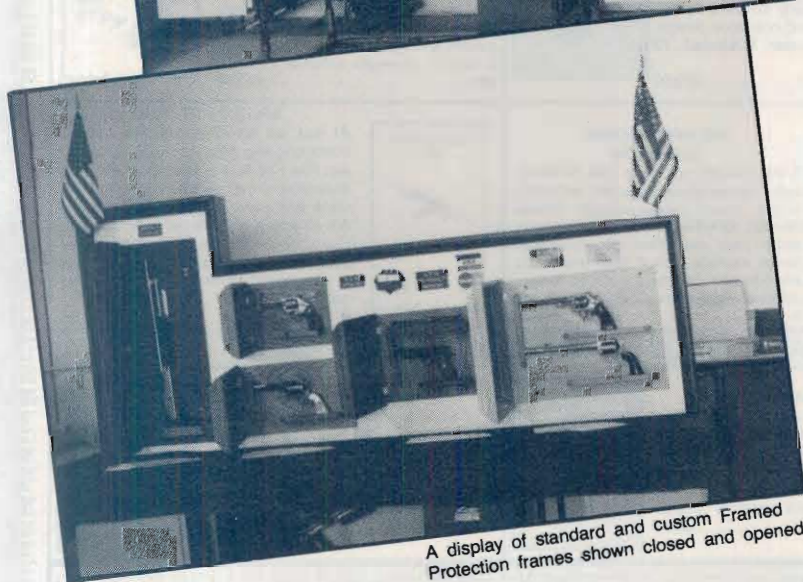
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Staff Report

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handguns and shotguns and can be instantly popped open to retrieve those weapons, which can be stored there loaded or unloaded, ready for use when needed.

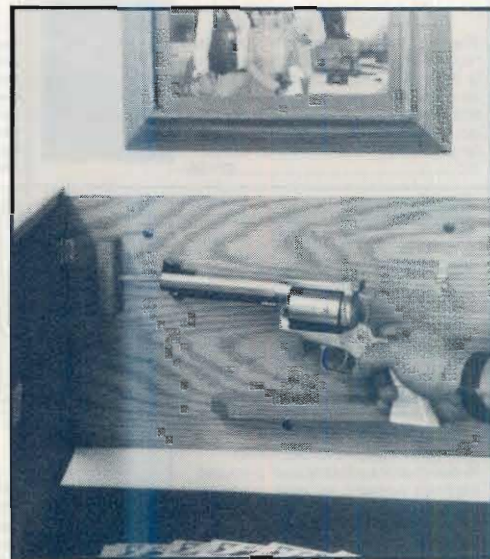
Available in several different styles and three different colors, the frames hold the weapons securely, preventing nicks and scratches, keeping them safe, secure and out of sight, yet accessible. They are great for storing other valuables as well. And custom sizes made

to your specifications are also available.

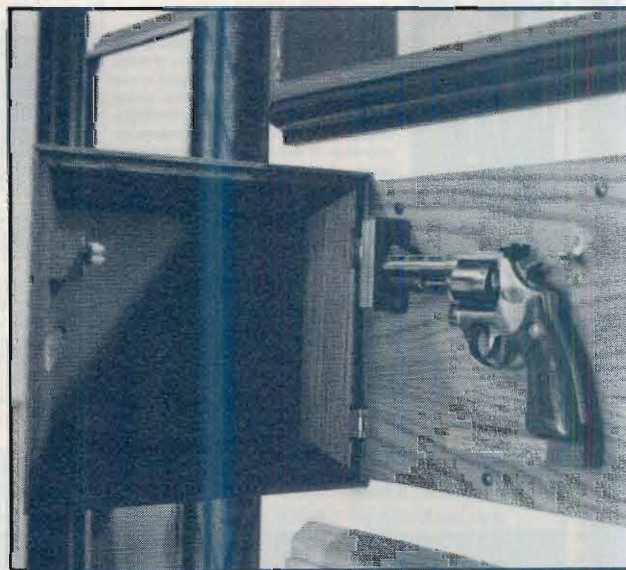
All these frames are made with pride in America by a family owned business.

In the handgun frames, your weapon's grip rests on a solid oak block and the barrel slides over one of three dowel pegs of different diameters to match different calibers. The gun is held securely there until needed.

The following sizes, referring to the size of the glass for the picture, are standard: 8 x 10 inches (\$55) — con-

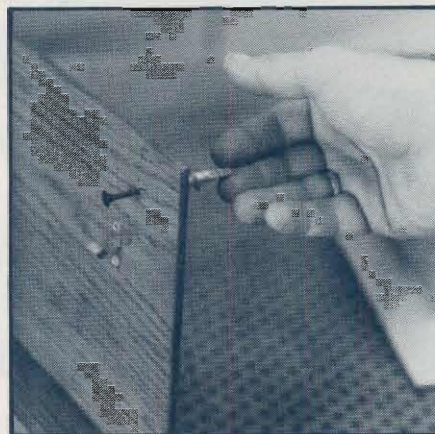


A weapon rests on an oak block with a dowel holding it by the barrel.





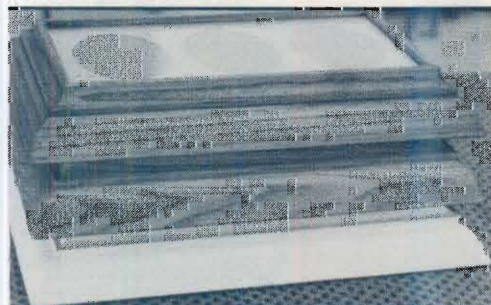
Tom Engel of Triple E Enterprises inspects a wardrobe mirror concealing a shotgun.



This mounting hardware is supplied with each frame.



This 11 x 14 size frame features an extra shelf for ammo or other items.



Standard colors for the oak frames are walnut stain, golden oak and white washed oak.

Oak frames stacked for assembly at Triple E Enterprises.

ceals .22, .25, .32, .380, 9 mm and .45 handguns; 8 x 15 inches (\$60) — conceals all calibers up to 6½-inch barrel length; 11 x 14 inches (\$70) — conceals all calibers up to 6½-inch barrel length, also has a shelf for ammo, jewelry, etc.; 14 x 11 inches (\$70) — conceals all calibers up to 4-inch barrel length, also has shelf for ammo, jewelry or whatever; 16 x 20 inches (\$80) — conceals all calibers up to 12-inch barrel length and has shelf for other items; 16 x 20

16 x 20 inches (\$80) for two guns, each up to 12-inch barrel length; all wardrobe size mirrors conceal shotguns with pistol grip (\$100) or full size shotguns (\$125). Add \$7 shipping per item. Standard colors are walnut, golden oak or white washed oak. Custom sizes and colors made to order.

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**If there's a pain in
your chest, be a
pain in the neck.**

Complain to a doctor.

Emergency



American Heart Association

By Jim Benson

K.B.I., Inc.:

MBK-9HPC Pistol

A new Hungarian-made, compact, high-capacity, double-action decocking 9 millimeter semiautomatic. . .

THE MBK-9HPC was introduced on the U.S. market late last year. A product of the Hungarian arms maker FEG, this compact semiautomatic, recoil-operated pistol is imported by K.B.I., Inc. It's a smaller, lighter version of the MBK-9HP pistols, also made in Hungary, which K.B.I. began importing last August.

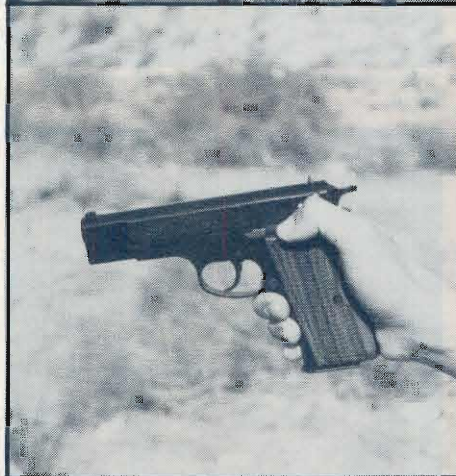
They were originally imported several years ago for only a few months before the U.S. government halted shipments out of opposition to such support of the east European arms industry. With the political changes in eastern Europe of the past few years, importation has once again been approved, and with it, the new compact version of these guns, the MBK-9HPC.

The MBK-9HPC has styling reminiscent of the world renowned Browning Hi-Power, but has modern features more like the newer semiautomatic pistols available today: a double-action trigger; a slide-mounted safety/decocking lever; and a double-stacked, high-capacity magazine which holds 14 rounds of 9 mm Parabellum ammunition. This pistol is designed to fire most commercial 9 mm loads, including hollow points. Its compact size makes it suitable for concealed carry while its ammunition capacity and performance are more representative of today's full-sized 9 mm handguns.

This is no lightweight, weighing in at 2 pounds, 3 ounces with empty magazine, but the all-steel construction provides the strength to hold up to the more powerful commercial 9 mm loads. The finish is standard blue with checkered European walnut grips. The gun comes with two magazines, cleaning rod and owners manual. The MBK-9HPC pictured and tested here is also the top prize in our current ASG 1992 Giveaway No. 1 contest (see pages 50,51 for details).

When the safety/decocking lever on the left side of the slide is turned all the way down to cover a red dot and reveal a white dot above the red dot the safety mechanism is on. This locks the firing pin so it cannot strike the cartridge in the chamber and shields the firing pin from contact with the hammer by unlocking the hammer and preventing it from being cocked.

At the same time as the safety is being engaged, the hammer, when cocked, can be safely lowered on a loaded chamber without firing the



The safety decocking lever, when operated, safely lowers the hammer on a live round in the chamber and at the same time locks the firing pin and shields it from the hammer.

Magazine release button is at the rear of the trigger guard on the left side of the gun. Magazine holds 14 rounds.



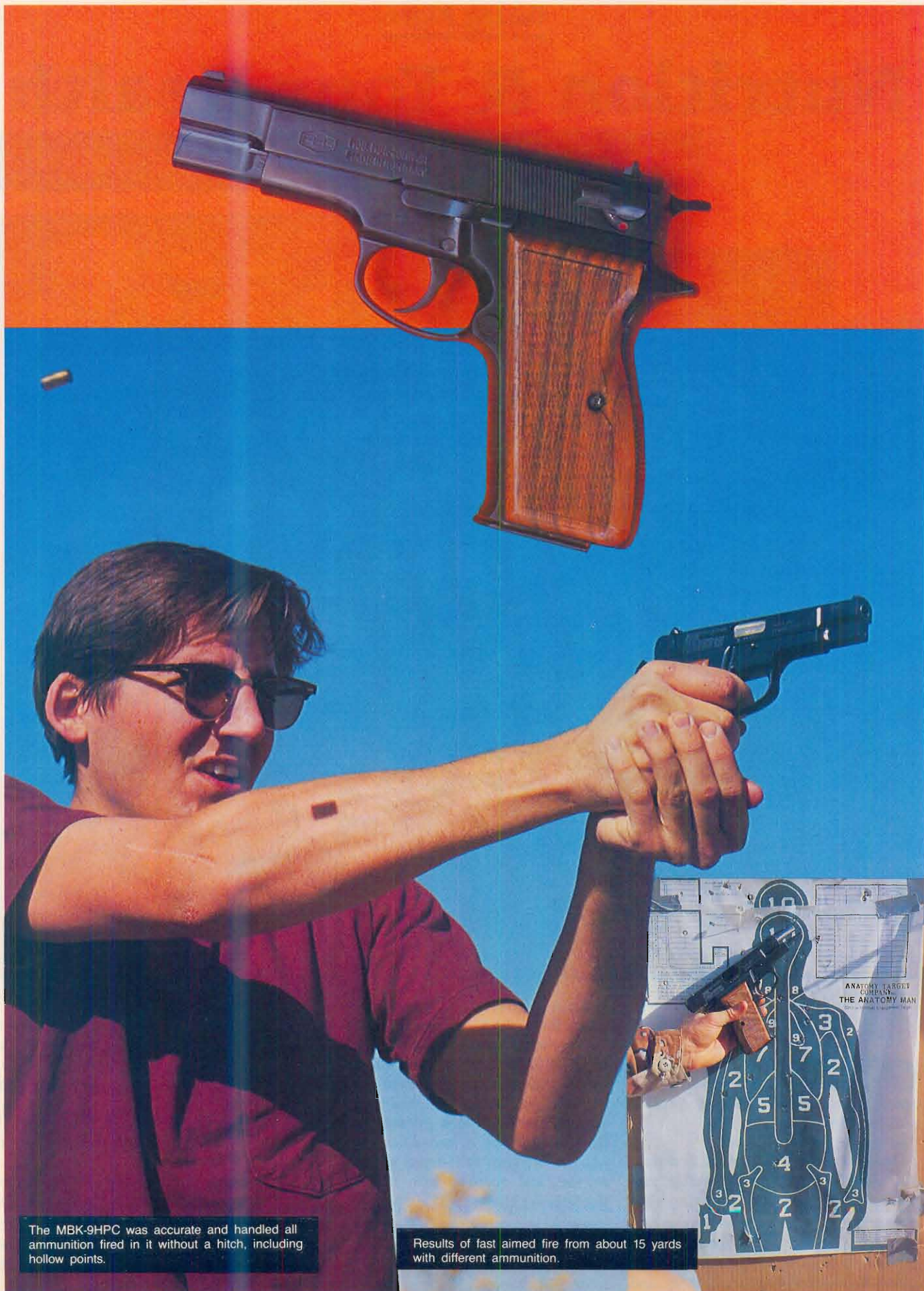
weapon. As usual, you should never completely trust any safety and always have the gun pointed in a safe direction when operating the safety/decocker. With the hammer decocked and safety lever on (white dot showing), the pistol can be carried more safely with a round in the chamber. With a flick of the thumb (or index finger if using this firearm with the

left hand), the safety/decocking lever is moved up to reveal the red dot, indicating it is ready to be fired.

There is also an automatic disconnector which prevents the pistol from being fired unless the slide is completely closed.

The sights are a simple fixed blade front and rear U-notch drift adjustable for windage—adequate and effective

(Continued on page 67)



The MBK-9HPC was accurate and handled all ammunition fired in it without a hitch, including hollow points.

Results of fast aimed fire from about 15 yards with different ammunition.

Eating Right:

Nutrition & Your Health

Keeping fit to survive requires knowledge and discipline. . .

Some of the food supplements the author takes or has taken. Care must be exercised in taking supplements to avoid allergic reactions, poisoning and other health problems.

The foods you eat can have a profound effect on your health. To ignore nutrition is to flirt with personal catastrophe.



By Jim Benson

ON Sept. 29, 1991, in Munich, Germany, a little more than two weeks after his 44th birthday, my older brother died of cancer.

It was a horrible death.

Down to a mere 80 pounds, and staying alive connected to feeding and medicine tubes after having his stomach and other organs removed in an attempt to stop the spread of the cancer, my brother apparently decided it was time to stop wasting away and

yanked the tubes out, lapsing into a coma for a time, then finally dying.

From what I understand, my brother suffered from ulcers. It was during an examination for treatment of a bleeding ulcer in April of last year that doctors discovered a fast growing tumor in his stomach. Chemotherapy and other treatment failed and ultimately my brother checked into a German hospital for the radical surgery which removed much of his digestive tract in a last attempt to save his life. Despite the surgery, the cancer spread to his liver and doctors informed his wife it

was hopeless.

My brother who died was the oldest of my parents' five children. I am now their oldest offspring, and only a few years younger than my fatally stricken brother.

Among the thoughts I had when I learned of my brother's cancer and death was, "Is this or something similar going to happen to me?" "Am I next in line to suffer and die because of a possible hereditary tendency toward cancer or other fatal illness, or because our family was somehow exposed to carcinogenic substances?"

My father's father had died at age 70 from complications from lung cancer, but he had been a heavy cigar smoker all his life. My brother who died didn't smoke, as far as I know. Yet I don't recall him ever being particularly concerned about his diet or other aspects of his lifestyle which might affect his vulnerability to cancer.

While we grew up together, upon reaching adulthood, we went our separate ways. My brother had spent the past 21 years in Germany and had lived a distinctly different existence than I, with a considerably different diet and lifestyle than mine.

But no doubt, like my brother and many other Americans and other people around the world, I have been and continue to be exposed to dangerous carcinogens in the environment, along with other health-threatening substances.

Cancer is but one of the major killer disease stalking the human race today. How can we protect ourselves and lessen the threats to our health in today's world? One way is through nutrition — by eating the right stuff, and, just as important, avoiding the wrong stuff.

When I was 19, and after suffering for years from minor but persistent health problems, I became interested in nutrition as a means of improving my health. Looking back, I consider my exploration of nutrition one of the best things I've ever done.

At first, when I began studying nutrition, I was often confused and encountered a great deal of misinformation and conflicting information. But the health benefits I derived from trying different foods, food supplements and dietary practices convinced me my endeavors were well worth the trouble, and I have kept a keen interest in nutrition ever since. Whether this will help protect me from the ravages of cancer and other illnesses only time will tell, but what I've learned and applied about nutrition has significantly improved my health and the quality of my life over the years.

Scientific Study — The science of nutrition is relatively young, and much about what we eat and how it affects our health is unknown. There is also a lot of disagreement among the experts and authorities over just what constitutes good nutrition.

Publication of the latest edition — the 10th Edition — of the *Recommended Dietary Allowances (RDAs)*, the National Research Council's official recommended daily intakes of

specific nutrients, was held up for some time because of disagreement among the council members over what the RDAs should be (see the end of this article for more information).

And nutritional requirements for optimal health may vary greatly from individual to individual based on such factors as heredity, sex, age, lifestyle, environment, the effects of illness, etc. Anyone who wants to improve their health with nutrition will have to find out what works best for them, since their particular needs may be different, at any given time, from the next person's.

That having been said, there are good, general nutritional guidelines which are well known and accepted, such as the U.S. RDAs, on which you can base your dietary intakes of the various nutrients essential for good health. Beginning with these general

cussed on the benefits of vitamin A for improving health — everything from helping you see better to avoiding cancer.

Years ago, while interviewing a professor who headed a department dealing with nutrition at Rutgers, the state university of New Jersey, I was told by the professor that without sufficient antioxidant in your system, namely vitamin E, most of the vitamin A you get is simply destroyed without health benefit.

Exactly how much vitamin A and vitamin E you need for the best health is another matter altogether. You can poison yourself and even die if you get too much vitamin A. But the point is, these vitamins work together in your body, and with other nutrients.

Likewise, you need copper, besides iron, to make hemoglobin. And too much copper can lead to serious health

A wide array of publications is available on nutrition and more are being published every year.



guidelines, you can then seek to find what's specifically best for you.

If you decide to study nutrition yourself rather than trusting to the recommendations of health authorities (and this doesn't mean that your doctor can not be a good source for nutritional information), you will find it's easy to become confused about what your nutritional requirements are and what effects different nutrients have.

You need to seek out the best information possible and stay abreast of the latest developments in nutrition. While you may be confused at times, don't become discouraged. If you persist in your efforts, you'll be rewarded with health benefits you may have not believed possible.

As an example of what I'm talking about, consider that in recent years there has been much written and dis-

problems. Too much iron can be fatal.

Then there's protein. As I mentioned in a previous article ("Are You Getting Enough Protein?" Dec. 1991), protein is a vital nutrient for health and survival. Protein consists of amino acids, often referred to as the "building blocks" of protein. Your body breaks down protein, via the digestive process, into different groups of amino acids for myriad physiological functions.

Your body can make amino acids from different foods, but there are 10 or so which cannot be manufactured by your body and which you must get from foods. These essential amino acids are contained in what is called "complete" protein foods, such as eggs, meat, fish, etc.

One problem with protein metabolism is that it's relatively easy,

(Continued on page 63)

AIDS Plague Update

THE announcement by Magic Johnson that he had tested positive for the HIV virus has once again propelled AIDS into the headlines. That so stunning an athlete, someone so full of life and potential, could fall victim to such a devastating disease has forced us all to consider our own mortality. It has also forced us to consider our own individual vulnerability to this scourge of the late 20th century.

The question of individual vulnerability to AIDS has unfortunately become an ideological and political battleground between competing in-

stand and document the primary transmission patterns of AIDS. In addition massive amounts of money have been infused into the medical research establishment in an effort to achieve both a vaccine that would prevent AIDS infection and a cure for those already infected. Unfortunately the medical community has been prevented from exercising a leading role in preventing

'The AIDS activists tout the condom as a panacea to the problem of AIDS. It is not'...

AIDS Coalition To Unleash Power, and Queer Nation, have invaded churches, disrupted medical symposiums, and staged large protests to draw attention to their cause.

When someone like Magic Johnson announces that he has contracted the HIV virus through heterosexual contact, the AIDS victims groups are quick to use that information to attempt to convince the majority of Americans that they, too, are at high risk for contracting the virus.

What are the real risks of contracting AIDS for the average American who does not fall into a high-risk group? Is AIDS poised to become a heterosexual holocaust in America? It is time to abandon the propaganda and hysteria and to examine these questions on a thoughtful and realistic basis.

The HIV Virus — AIDS, acquired immune deficiency syndrome, is a disease complex characterized by a collapse of the body's natural immunity against disease. The collapse of the immune system renders the individual vulnerable to infections and cancers that usually pose little or no threat to someone with an intact immune system. The acronym AIDS was first used by the U.S. Centers for Disease Control, CDC, in late 1982. The first cases of what would come to be called AIDS were reported in mid 1981.

AIDS is linked to (and most leading researchers feel is caused by) a retrovirus now commonly known as HIV, human immunodeficiency virus. HIV has been found to have a number of variants which have also been associated with the development of AIDS.

HIV is a blood-borne virus. This means that it is transmitted from person to person through direct blood to blood contact or through bodily fluids containing HIV coming in contact with the blood of a non-infected recipient.

Transmission of HIV from one person to another is, (in relation to other viruses such as hepatitis-B) relatively



Scanning electron micrograph (SEM) of HIV-1 infected T-4 lymphocytes showing the virus budding from the plasma membrane of the lymphocytes.

Photos and other graphics courtesy of the U.S. Centers for Disease Control

terests. What should have been a strictly scientific discourse on the threat that AIDS poses to the general population has instead become a classic example of the triumph of politics over science.

The players on this political battleground are many. They include AIDS lobbyists who have endeavored to convince the nation, indeed the world, that literally everyone on the planet is at risk of contracting AIDS. To this end the AIDS lobby has consistently and relentlessly attempted to portray AIDS as the biggest threat to the majority community, (i.e., non-intravenous drug using heterosexual) since the Black Death.

Yet another player on this political battleground is the medical community. Epidemiologists and medical researchers have attempted to under-

the spread of AIDS. AIDS has become a political disease with a set of special "rights" granted its victims. These "rights" have prevented the medical community from taking the standard public health measures normally taken to control an epidemic.

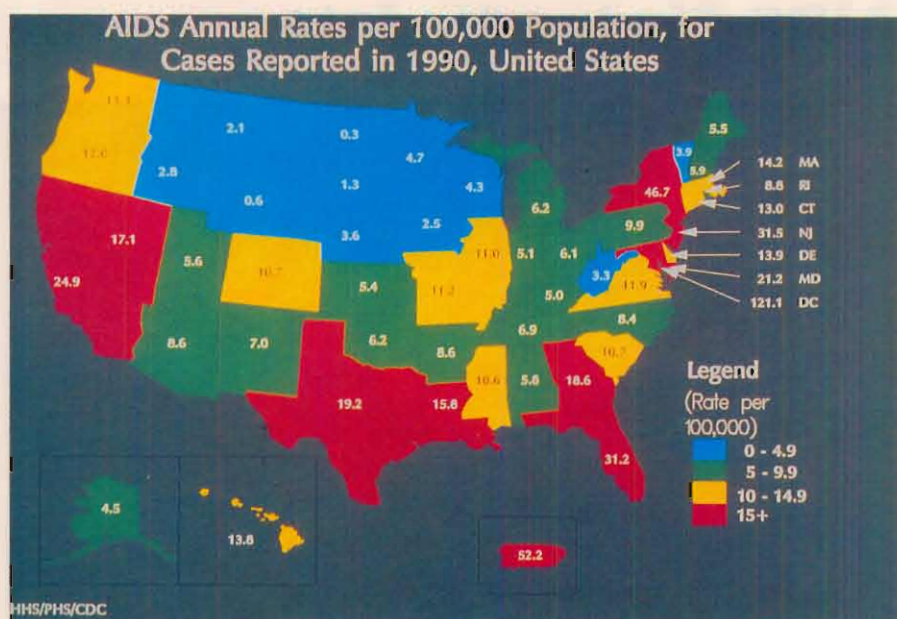
Also on the AIDS playing field are the victims. Those who have already been diagnosed with HIV or full blown AIDS. Overwhelmingly in the United States, AIDS victims fall into groups which are outside the mainstream of society, mostly intravenous drug abusers, IVDAs, and their sexual partners, and homosexuals and bisexuals.

The overriding concern of the AIDS victims is the discovery of a cure for the disease. Some AIDS victims have chosen to publicize their plight in highly controversial ways. Confrontational groups such as ACT-UP, the

difficult. When such transmission occurs a concentrated source of the HIV virus, such as blood or semen, is almost always involved. This means that while the HIV virus has been found in such bodily secretions as tears and saliva it is not concentrated enough in those fluids to provide an efficient means of transmission. While theoretically possible, no cases or transmission from tears or saliva have yet been discovered.

The most efficient methods of HIV transmission are as follows: 1) The use of contaminated blood or blood products for transfusion or injection. Before 1985 when new blood screening procedures were installed, an estimated 12,000 persons received HIV tainted blood. More than 4,000 were subsequently infected with the HIV virus. Since 1985 there have been an estimated 15 to 20 million transfusions in the U.S. Out of that number only 15 people were infected. 2) Use or sharing of contaminated syringes or needles by IVDAs. IVDAs are the fastest growing class of newly diagnosed AIDS cases. 3) Unprotected anal intercourse. This has been the most significant risk factor for HIV transmission among homosexual men in the U.S. (Homosexuals account for 58 percent of the U.S. AIDS infected population). The reason is that the rectal lining is particularly susceptible to traumatic tears and ulcerations during anal intercourse. Such trauma facilitates the passage of the HIV virus to the receptive partner — male or female. 4) Heterosexual vaginal intercourse. Despite the hysteria of recent headlines, purely heterosexual contact accounts for less than 6 percent of AIDS cases in the country. There is no dispute that heterosexual vaginal sex can transmit the HIV virus between partners, however the likelihood of transmission is vastly lower in vaginal intercourse than it is in anal intercourse. In cases of strictly heterosexual transmission it is known that HIV is more readily passed from the male to the female. It is theorized that this is so because there is a greater concentration of the HIV virus in a male's ejaculate than there is in a female's cervical-vaginal fluid. Further, semen remains in the vagina for days, giving the HIV virus plenty of time to find vulnerable cells to infect.

AIDS Statistics and Perspective --
As of Oct. 1, 1991, the CDC listed the following statistics for U.S. AIDS cases: A total of 195,718 persons diagnosed with AIDS. Of those 69,559 or 35.6 percent are still living. The breakdown



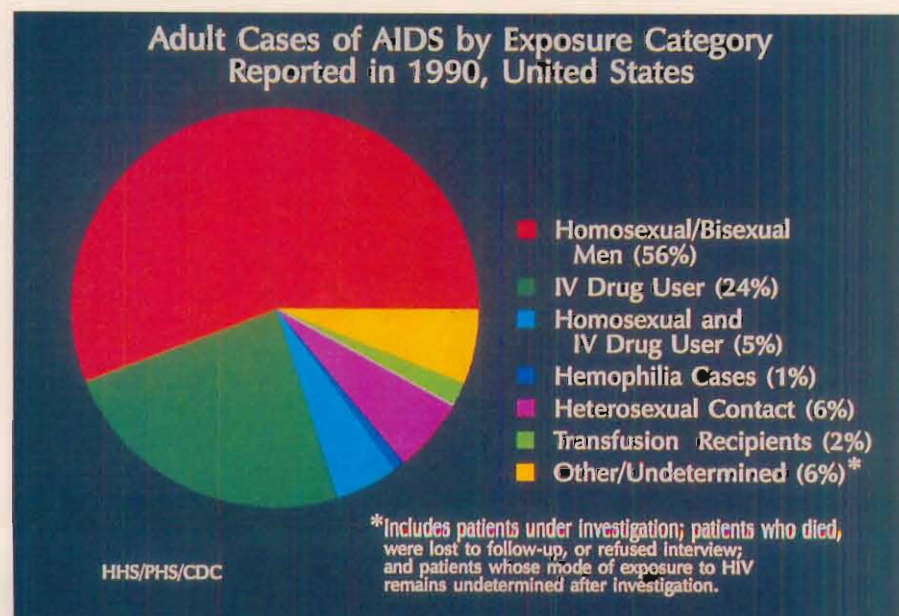
In males, 112,812 cases (58 percent) attributed to homosexual sex; 33,984 cases (17 percent) attributed to IV drug abuse; 12,580 cases (6 percent) attributed to combination homo/bisexual sex and IV drug abuse; 4,321 cases (2 percent) attributed to heterosexual sex; 2,592 cases (1 percent) from tainted blood transfusion; 1,584 cases (less than 1 percent) from tainted blood products used in treatment of hemophilia; 5,737 cases (3 percent) undetermined causes.

In females, 10,044 cases (5 percent) attributed to IV drug abuse; 6,668 cases (3 percent) attributed to heterosexual sex; 1,613 cases (less than 1 percent) from tainted blood transfusion; 38 cases from tainted blood products; 1,433 cases

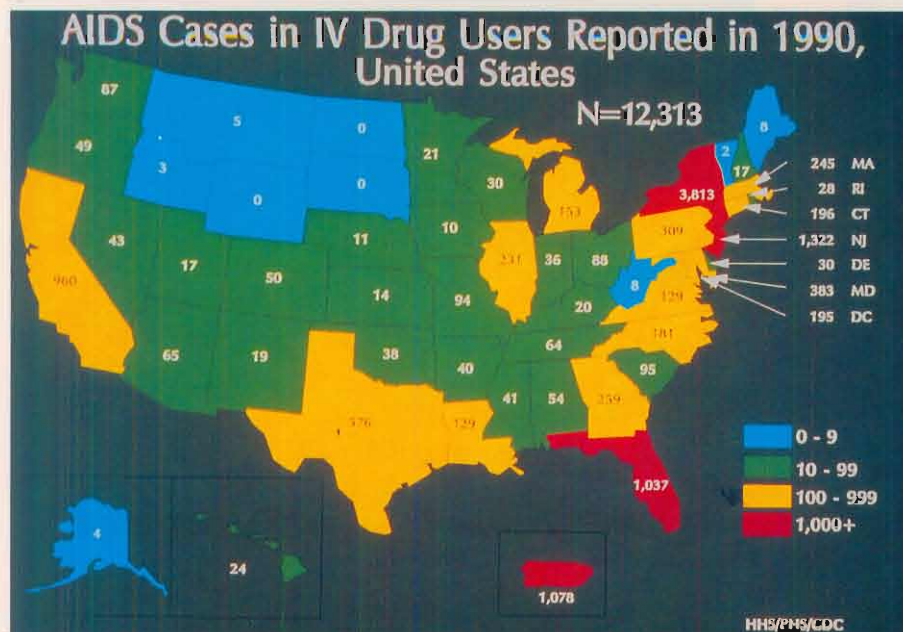
of undetermined cause.

For some 2 percent of the total AIDS cases (3,312 cases) there was no information available. The CDC also estimates that there are approximately 1 million Americans who are currently infected with the HIV virus.

For the rest of the world statistics from the World Health Organization, WHO, indicate that there are perhaps 5 million persons currently infected with the HIV virus. More than 1 million people worldwide have progressed from HIV infection to full blown AIDS. Dr. Michael Merson, director of the WHO's Global Program on AIDS, says that according to WHO estimates, by the year 2000 between 30 and 40 mil-



AIDS Plague Update



In the U.S. we spend almost \$2 billion per year on AIDS research. Yet at the same time we spend \$1.5 billion a year on cancer research, a disease which kills 12 times as many people each year as does AIDS. Research funds for the nation's top killer, heart disease, amount to only \$610 million per year. Says the author of *The Myth of Heterosexual AIDS*, Michael Fumento, "It's wrong to spend more money on a disease (AIDS) that will never kill more than 35,000 to 40,000 people a year than on a disease that will kill a half a million every year."

U.S. Heterosexuals — How Real the Threat? — A story on AIDS in the January 12, 1987 edition of *U.S. News and World Report* said of the spread of AIDS into the heterosexual population, "The disease of them suddenly is the disease of us. The slow death presumed just a few years ago to be confined to homosexuals, Haitians, and hemophiliacs is now a plague in the mainstream, finding fertile growth among heterosexuals."

About the same time the above mentioned article appeared, a member of President Reagan's AIDS Commission, Theresa Crenshaw, wrote this mind-boggling paragraph in a report to a House of Representatives subcommittee, "If the spread of AIDS continues at the same rate, in 1996 there could be 1 billion people infected; five years later, hypothetically 10 billion; however, the population of the world is only 5 billion. Could we be facing the threat of extinction during our lifetime?"

Well, the simple fact is that although the media and AIDS activists have been making statements like this virtually since the beginning of the AIDS epidemic, such dire predictions have proven themselves absurd.

Five years after the above mentioned predictions of heterosexual catastrophe, in the U.S. there are currently actually just 11,000 such cases.

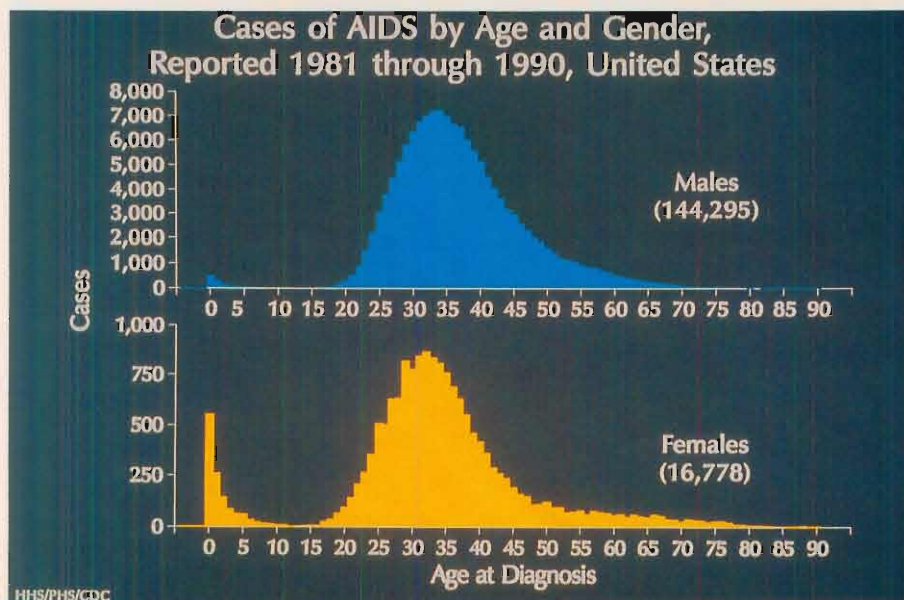
Activists are quick to point to what has been called "the African analogue" as an indicator of what the U.S. can look forward too. A 1987 report by the U.S. Public Health Service cited an alleged 90 percent heterosexual transmission rate in Africa. Robert Redford, the well known actor turned activist, was quoted as saying, "People say oh... Africa, it's different... The fact is AIDS

lion adults and children, most in Africa and Asia, will have been infected with HIV.

According to Dr. James Chin who tracks and forecasts the size and direction of the AIDS epidemic for the WHO, the U.S. and Europe may see the growth rate of new AIDS cases begin to level off in 1995. "By the mid 1990s annual new cases of AIDS will peak in the developed world, but not until 2000 or beyond in Asia and Africa."

At first glance the statistics for current and future AIDS cases seem overwhelming. However one must keep in

mind that despite the publicity given to AIDS, it is by no means the world's worst killer. Consider the following. Since the outbreak of AIDS in 1981, close to two-thirds of those diagnosed with AIDS in the U.S., some 126,000 people, have died. During that same 10-year time span more than 5 million Americans died from cancer. An additional 6 million died from heart disease. In Africa alone, 1 million people die each year from malaria. Ten million others, including 4 million children, die from acute respiratory infections.



has moved. The infection has spread through Africa, like it is spreading through the U.S."

Author Michael Fumento has raised serious doubts as to the validity of that figure on a number of grounds. First, says Fumento, since the African example is supposedly what the future patterns of transmission in the U.S. will look like, the African AIDS epidemic must be older, or more mature, than the U.S. epidemic. It is not. AIDS was recognized on both continents in 1981.

Second, Fumento questions the similarity of the AIDS epidemiological pattern between the U.S. and Africa. "A host of factors exist in Africa that do not exist here but that greatly facilitate the spread of HIV in non-sexual ways." One such factor for example is the availability of blood screening. It was not until the late 1980s that such screening became widespread in Africa.

In a CBS *60 Minutes* report on AIDS in Africa, reporter Diane Sawyer visited a hospital in Uganda that had one of the country's five blood

A host of factors exist in Africa that do not exist here

screening machines. "The day we were there, (said Sawyer, the hospital) tested blood samples from donors and the results were 28 percent positive. But when the donors who tested positive came to get their results, if they looked healthy, they weren't told they were carrying the virus. The doctors said there's no point in giving someone a possible death sentence when you have no counselors to help them deal with the news. Even if it means they spread the disease to others, the doctors say, one cruelty doesn't justify another."

In addition the use and reuse of unsterilized needles, for drawing and donating blood and for injections, is widespread in Africa. Most Central and East African countries can simply not afford to use the single-use disposable syringes used in developed countries.

One of the key elements in the dispute about heterosexual AIDS transmission in Africa is the widespread African taboo against homosexuality. The subject is simply not discussed or even acknowledged throughout much of Africa. Some African countries have laws which punish homosexual conduct and others, because the subject

is so taboo, simply deny its existence. One Angolan diplomat said, "the evil of homosexuality does not exist in our country, and it is consequently not mentioned in our legislation."

Obviously such statements have little factual basis, yet many AIDS researchers accept them without question. Partly this is a cultural question. It is unlikely that a white Western physician or researcher, questioning an AIDS positive black African villager about his possible homosexual experiences, will get a truthful answer, especially in a country where such experiences are criminal acts.

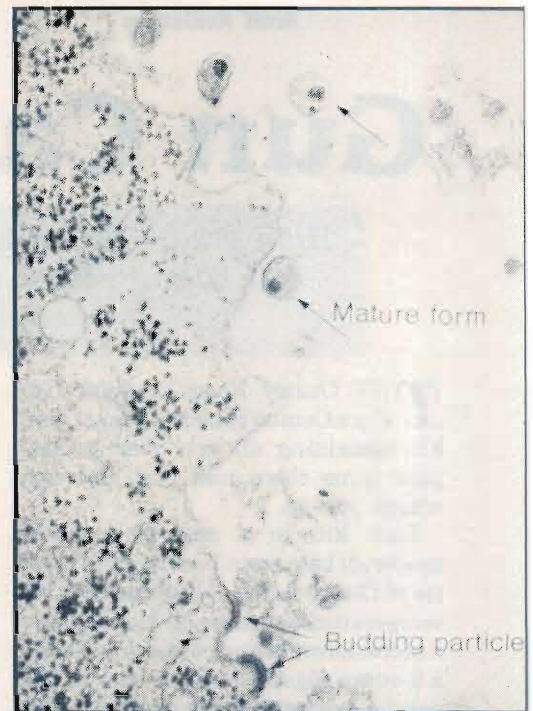
There simply is not enough space in this article to fully explore all of the reasons why the African experience with AIDS is unlikely to repeat itself in the West. However, it is interesting to note that for the most part it is not the scientific community which is proclaiming the relevance of the "African analogue" to the U.S. model. Rather it is the AIDS activists, and some in the press, who seek to use the African example to frighten and terrorize the average, mainstream American citizen.

The Condom Controversy — Condom usage does not guarantee safe sex. A more appropriate term would be "safer sex." Condoms have a failure rate of 10 to 17 percent. For anal sex the failure rate is even higher due to the physical differences between the rectum and vagina. As Fumento puts it "The irony of condoms would prove to be that they were of the greatest efficiency to those who needed them least — anyone engaging in oral sex and heterosexuals engaging in vaginal sex — and of the least efficiency to those who needed them most — homosexuals engaging in anal intercourse.

Still, for heterosexuals engaging in higher than normal risk activities (i.e., having sex with IVDAs, bisexuals, prostitutes, etc.), or even simply casual sex between partners who are not absolutely certain that both are HIV free, condom usage is recommended.

A note on condom usage. Only LATEX condoms provide protection from HIV. Skin-based condoms are porous enough to allow the HIV virus to slip through. Also, only WATER-BASED lubricants should be used with condoms. Petroleum based lubricants can effect the integrity of latex condoms.)

The AIDS activists tout the condom as a panacea to the problem of AIDS. It is not. Before anyone, heterosexual or homosexual, relies on a condom for complete protection, it might be wise



HIV-1 type virus found in a hemophiliac patient who developed AIDS.

to ask the following question, if I knew that my partner was HIV infected, would I still have sex with that partner and trust my safety to a condom?

All epidemics reach a saturation point past which they begin to recede. Some researchers think that the U.S. has already reached that point. Others see it being reached in the mid 1990s.

Research should certainly continue on finding both a cure and a vaccine for AIDS. However that research should be in conjunction with the standard public health measures taken to control any epidemic. These measures should include mandatory testing of all newly admitted hospital patients as well as health care workers involved in invasive procedures. In addition all prisoners and people enrolled in IV drug rehabilitation programs should be tested. For those who test positive, normal contact tracing of previous sexual partners and their testing should also be undertaken.

The notion that an AIDS carrier's right to privacy outweighs a society's right to protect itself from an epidemic is absurd and must be challenged. As Michael Fumento put it in the closing pages of *The Myth of Heterosexual AIDS*, "If AIDS victims want to be treated as well as victims of other diseases, that is their right. But they have no right to be treated any better, either. There is not national guilt for AIDS, and there is no excuse for condescending to AIDS activists as if there were." ●

Gun Care Combo Pack

High grade, Teflon-bearing powder solvent and lubricating/anti-rust oil, along with a cotton flannel cloth impregnated with Teflon for keeping your guns clean and rust free...

THE Gunny Ragg Products Gun Care Combo Pack is a pocket sized kit containing all you need to keep your guns clean and rust free anywhere you go.

Each kit, in a resealable plastic sandwich bag, has a 1-ounce plastic bottle of Gunny Lube, a high quality, all-temperature machine oil blended from a secret formula and containing Teflon, a 2-ounce plastic bottle of Gunny PTO powder solvent/bore cleaner, also with Teflon, and a Gunny Rag, a 100 percent cotton flannel non-abrasive buffing cloth approximately 11 by 22 inches and lightly impregnated with a Teflon solution. The two bottles have screw-on plastic caps as well as screw-on plastic spouts with end caps.

Gunny PTO is good for today's non-corrosive and corrosive gun powders as well as black powder. It dissolves powder deposits and bore fouling easily and completely when used properly. For severe fouling with lead, copper or plastic wadding, use 0000 (extra fine) steel wool and the PTO to swab the bore. It is recommended when cleaning black powder or corrosive powder that the user first clean the bore with warm soap and water and then use Gunny PTO along with a good stiff bore brush or 0000 steel wool. When finished, wipe down with Gunny Lube.

Gunny PTO is a penetrating oil with practically no surface tension for use in freeing frozen parts and removing rust scale.

Gunny Lube is also a high quality Teflon-containing machine oil blend which lowers friction and provides long lasting protection against corrosion and moisture. Like Gunny PTO, Gunny Lube performs superbly in high temperatures or sub-freezing temperatures. Used with 0000 steel wool, Gunny Lube will remove rust and film without stripping bluing or scratching the surface of your guns.

We tried a Gunny Ragg Combo Pack on a Springfield 1911A1 .45 ACP pistol after firing it and leaving it for some time. Using the bore brush provided

with the gun and Gunny PTO, along with some cotton patches, it took no time at all to swab the bore and other inner surfaces clean and clear, leaving no trace of powder residue. We then cleaned off all surfaces and wiped them down with a light coat of Gunny Lube oil. The gun was cleaner than it has been in a long time and with much less effort than we have used on it with other gun care products. Gunny Ragg Products contain no ammonia so there is no offensive odor permeating the area as you work and after you're finished — another plus for these products.

We have also used the Gunny Ragg to wipe down several blue finish handguns and a shotgun and find it very useful. These guns have been stored

for some time since and we have found not a trace of rust on any of them.

The Teflon (fluorocarbon resin TM 1. DuPont de Nemours & Co.) in Gunny Ragg Products is a desirable ingredient which leaves a thin protective film behind after use which fights rust and makes future cleanups easier, as well as helping to keep firearms in good working order.

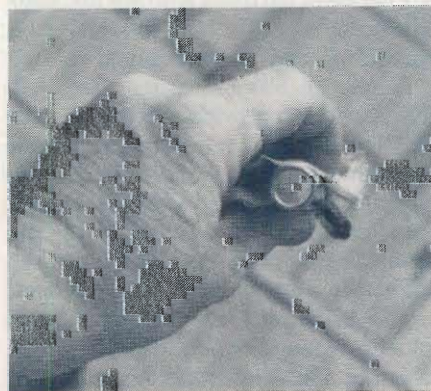
The Gunny Ragg Gun Care Combo Pack is sold in better gun stores nationwide and in Puerto Rico. Or order for \$6.25 each plus \$2.75 shipping and handling directly from Gunny Ragg Products, Dept. ASG, 1027 Elk St., P.O. Box 2696, Rock Springs, WY 82902; phone 307-362-7626; fax 307-362-7736 (Dealer inquiries welcome). ●



Gun Care Combo Pack includes 2-ounce PTO bore cleaner powder solvent, 1-ounce Gunny Lube and Gunny Rag, all with Teflon.



PTO cleaner is used with a bore brush for cleaning a 1911A1 .45 barrel.



With only a few passes with a bore brush the barrel is completely clean.



Gunny Lube is used to wipe down all surfaces of the gun for smooth functioning and corrosion resistance.

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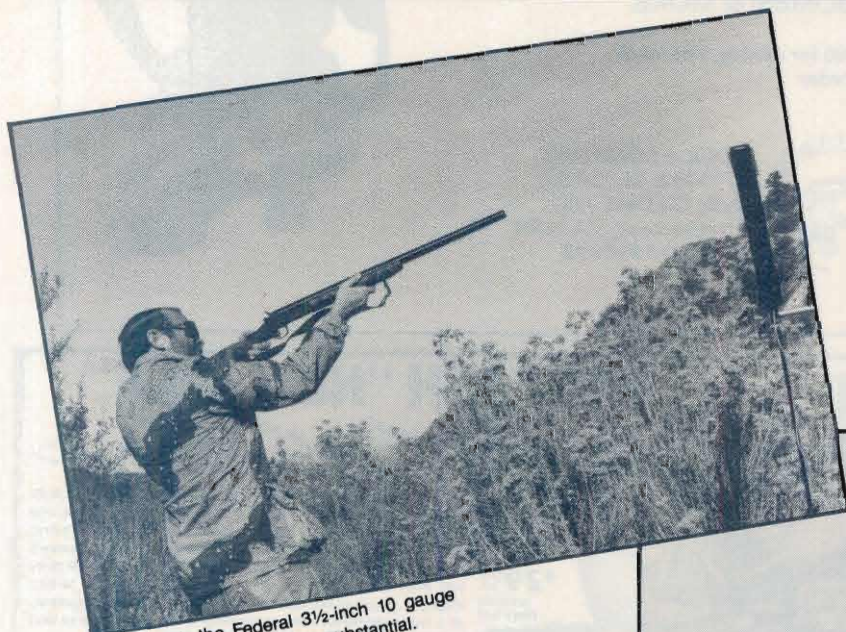
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Turkey Gun

This moderately priced 10 gauge Magnum single-shot shotgun is a powerhouse...

Shot patterns with Federal Premium 3½-inch Magnum copper plated BB shot loads fired from 20 yards.



Recoil with the Federal 3½-inch 10 gauge Magnum ammunition was substantial.



The SB4-MAG comes with this adjustable nylon sling and swivels.

Staff Evaluation

PLAN on doing any turkey or other big game fowl hunting soon? Consider the New England Firearms Model SB4-MAG single-shot 10-gauge shotgun which fires 3½-inch Magnum shells.

While it is only a single-shot firearm, the handy automatic ejection of spent shells and "backup stock" magazine in the butt stock providing spring loaded rapid recovery of extra ammunition give this shotgun a fast follow-up shot capability which also has applications for self defense. The backup stock is similar to the Mossberg shotgun "Speed Feed" feature.

The SB4-MAG has an overall length of 44 inches with a 28-inch full choke, heavy taper, deep-hole-drilled barrel bored from ordnance steel bar stock. The receiver is investment cast steel and the butt stock and handguard are made of American hardwood.

Our model has a matte camouflage finish of alternating splotches of dark and light green. There is also a walnut stain finish available.

A thick ventilated rubber recoil pad helps you absorb the powerful recoil experienced with 10 gauge ammunition. This gun will fire any standard 10 gauge loads, including 3½-inch Magnums.

The full pistol grip butt stock has a 1½-inch drop at comb and a 2¼-inch drop at heel. Length of pull is 14½ inches.

A brass bead front sight aids in finding your targets. Shells are loaded directly into the chamber after breaking open the action by pressing on the side lever release next to the hammer.

This gun also has an internal transfer bar type safety requiring the shooter to manually cock the hammer and then fully pull the trigger before a round can be fired. Otherwise, the hammer is prevented from contacting the firing pin.

The SB4-MAG is designed to use lead or steel shot interchangeably for maximum flexibility.

Weight empty is 9½ pounds, but, surprisingly, this seems light for a gun of this size. The strong steel which adds weight is also a real plus in helping the operator to handle the recoil and muzzle rise associated with 10



Drop at comb is 1½ inches.



The shotgun is sleek and relatively light for its large size.



Shells are automatically ejected by opening the breech.



The SB4-MAG has a 3½-inch chamber and will fire any commercial 10 gauge ammo.



"Backup stock" spring loaded magazine for carrying extra ammunition.



An internal transfer bar safety prevents firing until the hammer is fully cocked and the trigger fully pulled.



One of several shells which had to be hit several times by the firing pin before detonating.



Front bead sight.

gauge loads. The gun carries a suggested retail price of \$159—modest and reasonable for this type of firearm.

We tried the SB4-MAG out with some Federal Premium 10 gauge 3½-inch Magnum copper plated BB shot. We chronographed this ammunition with a mean velocity, about four feet from the muzzle, of 1,208 fps.

Obviously, since we were firing 3½-inch Magnum 10 gauge ammunition, recoil was...substantial—to put it mildly. As a comparison, we found the recoil from these loads considerably stronger than even 3-inch 12 gauge Magnum ammunition. "You wouldn't shoot turkeys all day," was the comment of one shooter after firing the shotgun for the first time. We were all thankful for the thick ventilated recoil pad on the butt stock. Still, none of

us had any soreness after repeated firings of the SB4-MAG. And while you certainly do have your hands full in firing this firearm, it's really great fun, just not something you'd want to do "all day."

We found the gun worked well, with good shot patterns at our test firing range of about 20 yards on a paper target. We had no problem hitting anything we aimed at with the SB4-MAG. We did experience several failures to fire on the first pull of the trigger during test firing. All four or five shells which did not go off at first were subsequently fired on a second, a third, and in two cases, the fifth or sixth cocking of the hammer and pulling of the trigger.

The other rounds detonated perfectly on the first squeeze of the trigger.

We were unsure about the initial failures to fire. The problem may have been a weak hammer or firing pin spring, or perhaps a blob of grease somewhere it shouldn't have been.

On the other hand, perhaps the problem was the hard primers used in the Magnum 10 gauge ammunition we had.

In any event, this shotgun is covered by NEF's service policy in which NEF will repair or replace any defect of materials or workmanship by simply shipping the gun back to the factory. And for only \$10 upon purchase, the owner can also get NEF's "Lifetime No-Fault Service Plan" which provides 100 percent repairs and service for the lifetime of the owner.

We think the SB4-MAG is a pretty good value for the price. ●

The Thief of Sight



By Doug Stephens

SELMA Williams awoke with the alarm buzzing in her ears. She opened her eyes. Suddenly a sharp pain exploded in her right eye making her cry out.

Tom, her husband lying beside her, awoke and abruptly sat up. "What the --?"

By this time Selma had swung her feet over the side of the bed, sitting up. She held a hand over her right eye and rocked back and forth, sobbing, "My eye hurts so much I feel I'm going to throw up. Everything is blurred."

Tom jumped out of bed and came around and sat beside her holding her blonde head between both hands, trying to see into her right eye which she held tightly closed.

"Am I going blind?" she sobbed.

"I hope not. I'll phone Doctor Harrison. He made your last pair of glasses."

"No! No! He only fits glasses. I need an ophthalmologist, a medical doctor who treats diseases of the eye. Call the medical association and get a referral. I don't want to go blind."

Tom came back in a short time.

"They recommended several eye surgeons in this area. I found a Doctor Johnson at home. He said your condition sounds as if you need emergency help. He'll meet you at his office as soon as we can get there. He said to place a bandage over the eye and keep it closed until he can examine it."

They arrived at the office a few minutes before the doctor who immediately seated her in a treatment room where he carefully examined her eye.

"As I guessed," he said. "You are having an attack of acute angle-closure glaucoma. I'm glad you called me so soon. If you had let this continue without treatment, you probably would have gone blind in this eye."

He put some medical drops in her eye and let her sit for some time in a darkened room. When he returned, he put in more drops. After a while, he examined the eye again gazing through an instrument he called an ophthalmoscope which he said would enable him to see the back of the eye and determine how much damage had been done to the optic nerve. After testing the eye with another smaller instrument, he smiled.

"That was close." He patted her shoulder. "Rest here for a while. I

want to test the tension in your eye again in about fifteen minutes. After that, my nurse will seat you in my office. Is your husband here?"

"Yes. Tom's in the waiting room."

"That's good. I want him to hear what I am going to tell you."

When they were all seated in his office, the doctor asked, "What do you know about glaucoma?"

Tom spoke up first. "I know it is an eye condition that can cause blindness."

"A friend at our bridge club had glaucoma and lost most of her sight," Selma said. "She isn't blind but she can't play cards anymore. Will I go blind?"

"You came to me before the eye had suffered too much damage. If you follow my treatment, the chances are you will not lose much vision."

"What kind of treatment?" Selma asked.

The doctor smiled. "That's the easiest part. All you do is put a drop of medicine in your eye, four times a day. Eventually you will be able to put the drops in less often but never less than one drop in the eye every day." He paused and looked at Tom and Selma his eyes turning serious. "It is important you never miss putting the drops in the eye exactly as I tell you to."

Selma spoke up quickly. "Don't worry. I don't want to go blind."

"I'll see she never forgets," Tom said.

The doctor nodded. "I am sure you will. In the meantime I will watch your eye carefully over the next six months. If the drops do not keep your eye pressure down, I may have to operate."

He saw the fear creep into Selma's eyes and quickly added, "Don't worry. I usually can use the laser beam. It's quite painless."

"But what has happened to the eye?"

Tom asked. "What caused it? Can we do anything to prevent this occurring in her other eye or in mine?"

The doctor frowned. "To your last question. I am afraid not. Glaucoma is fairly common in adults over age 35. Two out of every 100 persons in this age group have vision threatened by this disease. Some doctors blame the

ultra violet rays of the sun. We know these damaging rays can cause cataracts, but we are not sure of its effect on glaucoma. Some think certain vitamins help prevent glaucoma, especially Vitamin C and E. The evidence is not clear but it can do no harm to make sure you have enough of these vitamins."

He picked up a large plastic model of the eye sitting on his desk. "Now to answer your other questions." He opened it showing the inside of the eye. "The eye," he said, "is filled with a clear transparent liquid called the aqueous humor. This flows through the inner eye continuously entering the eye above and draining out through narrow tubes below."

"Glaucoma is a condition where these drains become clogged allowing the liquid to build up pressure within the inner eye causing damage to the optic nerve."

"When we look at an object, the image is carried from the retina to the brain by the nerve of sight (optic nerve). This nerve is like an electric cable. It contains a million wires, each carrying a message to the brain, which join together to provide side vision, as well as sharp, central reading vision."

"Glaucoma can produce damage to these 'wires,' causing blind spots to develop in areas of vision. People seldom notice these blind areas in the side vision until considerable optic nerve damage has occurred. If the entire nerve is destroyed, blindness results. Fortunately, this rarely occurs if glaucoma is diagnosed and treated before major damage has taken place."

"The key to preventing optic damage or blindness from glaucoma is early diagnosis and treatment. Many doctors always test for glaucoma as part of their regular physical examination. Adults over 35 should see that a doctor, preferably an ophthalmologist who is specially trained to treat the eye,

test their eye pressure regularly."

Tom looked thoughtful. "I've never had my eyes examined. Maybe I should make an appointment with you?"

"If you like. I will be seeing your wife daily for a week. Our appointment girl will save some time for you when Selma comes in tomorrow."

The next day, Selma was happy to keep her appointment. Though the eye felt better, the fear still remained that the terrible pain might return. She and Tom arrived at Doctor Johnson's office early.

After carefully examining her eye, the doctor seemed pleased. "Your ten-

The key to preventing optic damage or blindness from glaucoma is early diagnosis and treatment.

sion is down though not where I would like to see it. I believe the drops are working. We will see you each day at this same time for the rest of the week. If the tension continues to improve, we will not have to see you as often but, as I told you yesterday, I must keep a close watch on how the drops are working."

He turned to Tom. "Now it is your turn young man. If you change places with your wife, I will look at your eyes."

He took some time examining both eyes with his ophthalmoscope. Finally he put a drop of liquid in each eye then tested the eye tension with the small instrument he had used on Selma. Tom felt no pain only heard a sort of buzzing sound.

The doctor spent some time writing on Tom's chart. When he turned, his face was quite serious. "Tom," he said. "Your eye tension is too high."

"Does that mean I have glaucoma?"

Tom asked. "I've never felt any pain. My eye sight seems all right."

The doctor nodded solemnly. "You

have what is known as chronic open-angle glaucoma. This develops slowly over a period of time. Most adult glaucoma patients have this type. It is painless and therefore much more dangerous."

Remember yesterday I told you that Selma's glaucoma was caused because the drains in her eye had become clogged. In Selma's case some substance (we can't say what, a piece of tissue or some kind of deposit in the eye,) may have floated near the drains and suddenly dropped down covering the drainage tubes blocking all out-flow. Her pain came because the eye fluid continued to come in but couldn't drain out. This occurred so rapidly it created a tremendous pressure inside her eye causing it to hurt. If we hadn't used drops to open the drains and reduce the pressure, she would have gone blind in a few days."

"In your case these deposits in the aqueous humor have slowly been clogging your drains. This partial blockage is causing a gradual increase of pressure within the eye. It is dangerous because you have had no pain or other warning that the pressure is building up. It is working so quietly stealing your vision, damaging your optic nerve, that you would never know anything was happening until your vision got poorer and poorer eventually causing you to go blind."

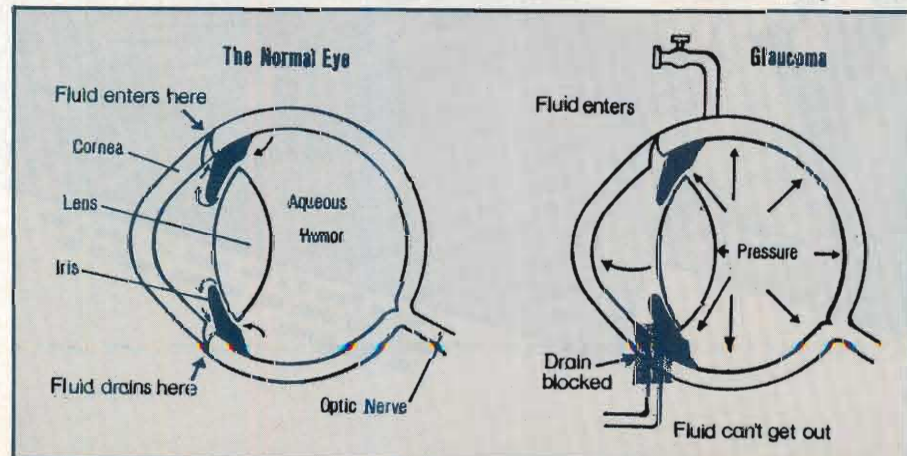
Tom drew in his breath. "Can't you do something to restore that vision which has been lost?"

"As a rule, damage caused by glaucoma can not be reversed. Eye drops or surgery are used to prevent the loss of any more sight (any more damage to the optic nerve) and to preserve existing vision."

Tom looked so downcast, the doctor patted his shoulder. "I'll check your vision but I believe you are fortunate that we found your glaucoma at this early date. I don't believe you have lost very much vision, but we don't want you to lose any more to this thief that has been quietly stealing your sight. At first we will try having you put only one drop in the eye each day. We will test your tension every week for a month to make sure one drop is keeping your pressure down. After we have discovered the correct dosage, I need not see you so often."

Tom appeared brighter. "That sounds better."

Selma spoke up. "I wouldn't want to suffer all that pain again, but I'm glad my attack brought us into your office. Now perhaps you can save our sight." ●



SSP-91:

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By Bud Lang

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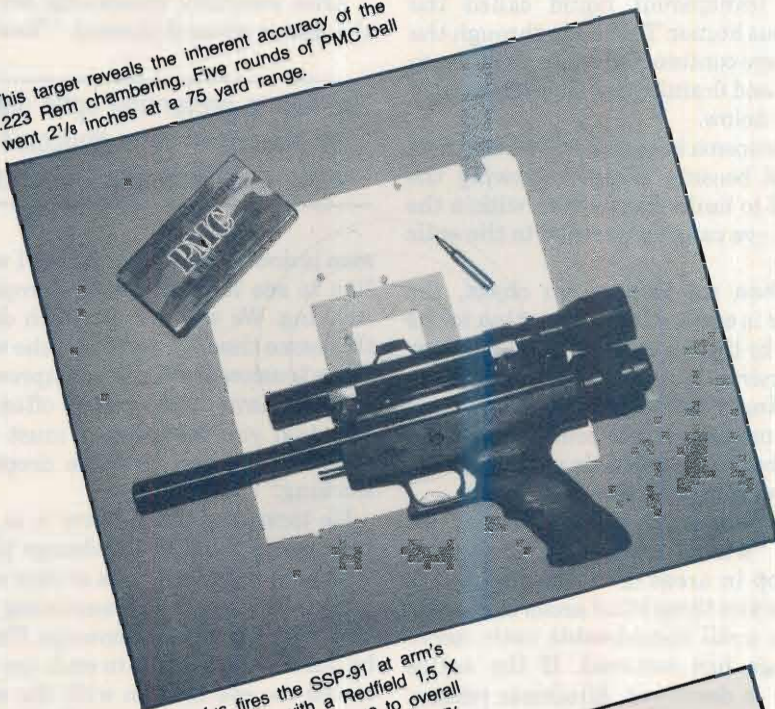
IF you're looking for something unique in handguns, the relatively new SSP-91, manufactured by Ordnance Technology, Inc., in Maine, for Magnum Research Inc., in Minneapolis, Minnesota, is your gun.

A single-shot pistol, it's available with up to 17 different barrels, all 14 inches in length, in chamberings ranging from the sedate yet swift .22-250 Remington all the way to the .444 Marlin. In fact, only two of the SSP-91 chamberings are handgun cartridges; the rest are all rifle rounds.

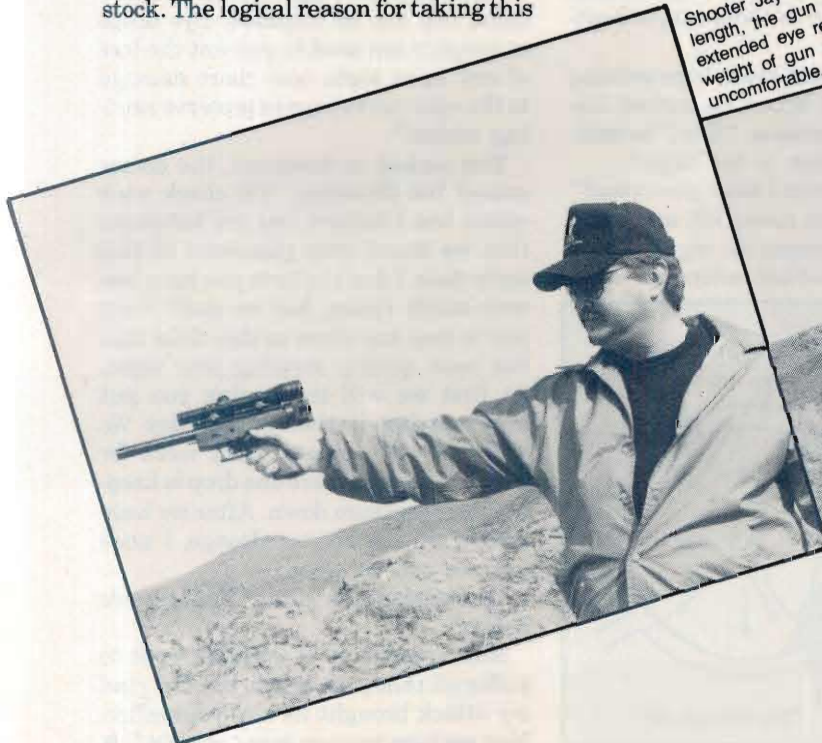
We were provided with a test gun in .223 Remington chambering. Of bull barrel design, the barrel is .870-inch in diameter and crowned for improved accuracy. If you own more than one barrel, they may be switched by removing the husky Allen screw cross bolt above the trigger assembly.

The SSP-91 is available as a complete pistol or barreled action only, where you would construct your own stock. The logical reason for taking this

This target reveals the inherent accuracy of the .223 Rem chambering. Five rounds of PMC ball went 2 1/8 inches at a 75 yard range.



Shooter Jay Dreyfus fires the SSP-91 at arm's length, the gun equipped with a Redfield 1.5 X extended eye relief pistol scope. Due to overall weight of gun and scope, this position is very uncomfortable, thus accuracy will be affected.



Using a Burris 3 X rifle scope, Jay used a two-hand hold which aids accuracy. Recoil of the .223 Rem is mild.



Here's the SSP-91 with a Weaver 3X scope, mounts and rings installed.



The cocking lever (left arrow) must be actuated after firing before you can reload. The next is to push the safety button (right arrow) to the right, then open the breech.



The breech is shown in the closed position, the gun being ready to fire. Rotate the ring 90 degrees to the right, and it will automatically kick out spent shells.

route is where you would want to install a rifle stock on the action which would improve accuracy surely. Adjustable metallic sights are also an option and a scope base is available, too. The factory stock is of Lexan, a very durable molded plastic.

The SSP-91 is loaded by simply cocking the pistol and placing the safety in the on position, then rotating the breech by grasping the knurled ring and turning it clockwise until the loading slot is aligned with the chamber. Slip the live cartridge into the chamber, then rotate the breech ring counterclockwise until the breech is locked. Take aim at your target, slip the safety off, and squeeze the trigger, which we found to be fairly smooth.

Our gun came sans sights, so we installed a Weaver mount and rings and tried different scopes on it. Handgun hunters are familiar with Extended Eye Relief scopes, wherein you can hold your gun at arm's length and get a full picture. But you're limited as to the amount of magnification you can use, 3 power being about the max, due to the scope moving around, especially with a heavy gun. Your only out is to use a good rest, which is difficult

to find when you need one. We used a Redfield 1.5X scope with good results.

Silhouette shooters are familiar with the use of rifle scopes on handguns, where you hold the gun about four inches or so from your face, grasping the scope with your left hand if you're right-handed, for more support. We used Weaver and Burris 3X scopes on our test gun. We wouldn't recommend a rifle scope with a big bore, though, due to recoil.

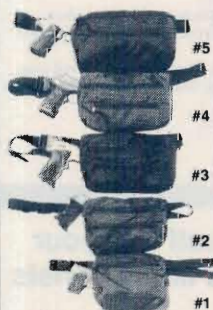
On the range, we sighted the gun in at 75 yards, shot from a simple rest (there's not much of a fore-end in front of the trigger guard, so the gun wasn't absolutely steady), using Winchester, PMC and Hornady ammo. Our best five-shot groups, measured center-to-center, for each ammo were $3\frac{1}{16}$ -inch, $2\frac{1}{8}$ -inch and $3\frac{1}{4}$ -inch, respectively.

We did some chronographing and came up with muzzle velocities of between 2100 and 2300 fps with the ammos we tested.

For further information on the SSP-91, contact: Magnum Research Inc., 7110 University Avenue N.E., Dept. ASG, Minneapolis, MN 55432, or call (612) 574-0109. ●

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One Person (19 lbs)	Two Person (26 lbs)				
1	1	Durable, water-resistant, nylon duffle bag with 3 different carrying modes	3	6	18-hour hand and body warmers
1	2	Three day food supply(s) MRE meals for lunch and dinner as well as an assortment of other food and drinks. Also includes spoons, cups, and napkins.	1	1	Genuine military anglehead flashlight
1	1	Deluxe water/sanitation kit, a five gallon water storage unit that converts into a portable chemical toilet	1	1	Solar/hand-crank AM/FM radio that uses 4 power sources
1	1	Water purification tablets (bottle of 50)	1	2	Whistle(s) with cord
1	1	Tri-wing stove	1	1	Military type tri-fold shovel
1	2	Box(es) of trioxine fuel	1	1	Swiss-type pocket knife, 15 function
1	2	Stainless steel sierra cup(s)	1	2	Heavy-duty vinyl poncho(s) with closure snaps
1	1	Box of windproof/waterproof matches	1	2	Pocket first aid kit(s)
1	1	Fire starter with extra flints and starter tabs	1	2	Bottle(s) of potassium iodine tablets to block radioactive iodine from thyroid during a nuclear emergency
1	1	40 hour candle	1	2	Personal comfort kit(s) which include hand soap, toothbrush with gel, comb, tissue sanitary napkins, and razor
1	1	Tube tent with rope, two man capacity	1	1	Complete sewing kit
1	1	Wool blend blanket	1	1	12-hour light stick
1	1	Heavy-duty rescue blanket(s) made of metalized, textured plastic, washable, reusable	1	1	50-foot nylon cord

KATADYN

Water Filter: Protects you against dangerous waterborne parasites

The Swiss made Katadyn is one of the safest water filters on the market and will mechanically filter the water down to .2 microns. It will filter bacteria, giardia, coliform, salmonella, shigella, dysenteriae, and other parasites. The Katadyn could last a lifetime and, unlike other filters, the ceramic element can be taken apart and cleaned if clogged with silt. Studies show it will successfully filter over 2,000 gallons of raw water before replacement of the ceramic element is needed. If there is any question about the water you're drinking, don't take chances, get the Katadyn today.



• Comes with a cleaning device, instruction booklet, and zippered nylon case.

Katadyn
M31-WP-F400

\$219.99

Up to the minute emergency information



During any disaster it is important to have up-to-the minute information available. This pocket size AM/FM radio is the most reliable unit you'll find, because it has four different power sources (solar cell, dynamo generator, AC electricity, and DC batteries). It has a telescoping antenna for great reception and a built-in full range speaker. We've seen this same radio advertised elsewhere for \$39 so don't wait, buy now and save!

Solar/Handcrank AM/FM Radio
M31-CM-R400

\$19.99

Protect yourself and your family before a time of crisis



Just last February, these gas masks were unavailable at any reasonable price. The time to buy them is before times of crisis. This is a special purchase, and the price is good only while quantities last.

- One-size-fits-all suspension
- Indefinite shelf life when seal is kept intact.

Israeli Gas Mask
M31-YMP-G100

\$14.95

Replacement Filter
M31-YMP-G101

\$7.95

Light kit with fresh batteries that will last for 20 years!



In an emergency, it's vital you have batteries you can depend on. Code Red batteries will store up to 20 years! To activate, simply twist the top. You instantly have fully charged, 100 percent fresh batteries. They come in their own sturdy case with flashlight and spare bulb. Includes four Code Red batteries and a comprehensive emergency preparedness guide by the Red Cross.

Sug. Retail Price \$29.95

Code Red Batteries and Flashlight

M31-FM-E101

\$16.99

While Quantities Last

Thyro-Block reduces radioactive damage to the thyroid

In a nuclear accident or explosion, a small dose of potassium iodide can block radio active iodine from collecting in your thyroid and causing abnormalities. Potassium iodide reduces absorption levels to only 1%. Thyro-Block would be used in nuclear accidents - like Chernobyl or Three Mile Island and should be included in all your emergency first aid kits. The recommended dosage would be one tablet per day for approximately ten days. Thyro-Block has a three year shelf life with fourteen tablets per bottle.

• Instructions included.

Thyro Block

M31-MF-T100

\$2.95

Buy 3 and Save \$8.99!



MRE Main Dish Entrees



M.R.E. main courses are the most convenient meals around. They come Ready-to-Eat. There are no spices or water to add. All you have to do is warm them up. Not only are these meals easy to prepare, but they are also delicious. They are so good you might be tempted to serve them every time it's your turn to cook. However, the best time to use these M.R.E. main courses is during an emergency. They are great for storage because they have a shelf life of five to seven years. Be sure you hide some in the back of your storage area so you'll have some when you really need them!

Call for available flavors!

Buy 1 Case (72 servings)

M31-FM-A101

\$75.95

Freeze-Dried Peas: Add delicious variety and color to all your meals!

These freeze-dried peas are perfect for your stews, salads, casseroles, stir-frys, chicken dishes or baked potatoes. They're compressed for compact storage and have a five to seven year shelf life when stored at room temperature. These peas save you valuable freezer space! One small can contains 25 half-cup servings; that's equal to four or five frozen bags from the grocery store. Add color and variety to your meals and home food storage.



1 Can Freeze-Dried Peas

M31-FN-P100

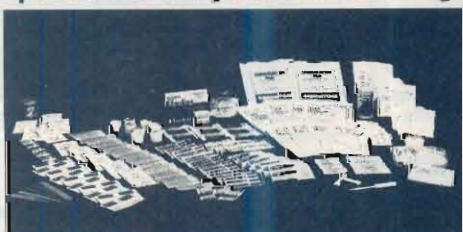
\$7.95

3 Can Freeze-Dried Peas

M31-FN-P101

\$19.95

Over 175 "seam busting" First Aid items packed in a nylon medic's bag



The Medic's First Aid Kit is one of the most complete first aid kits in its class. In the event of an earthquake or other disaster, are you and your family prepared to meet the possible medical needs you may face? The entire unit comes assembled in a rugged, compartmentalized nylon carry bag and includes over 175 pieces of equipment including dozens of bandages, EMT shears, ammonia inhalants, soap and much more.

Contents* OD compartmentalized nylon carry bag, 25 adhesive strips, 5 adhesive spots, 5 adhesive ex. large strips, 5 adhesive fingertips, 5 adhesive knuckles, 5 small butterfly bandages, 5 large butterfly bandages, 3-2x3 sterile pads, 3-3x4 sterile pads, 1 cloth surgical tape roll, 3 transpore tape, 10 providone iodine preps, 10 antiseptic towelettes, 2 ammonia inhalant, 5 bacitracin ointment, 10 pain relief tablets, 20 alcohol preps, 2 rolls each 2", 3", 4" gauze, 4 each 2x2, 3x3, 4x4 sponges, 4 eye pads, 2-5x9 ABD pads, 1 instant ice pack, 1-4 oz. sterile eye wash, 1-3" elastic bandage, 5 safety pins, 1 thermometer, 5 tongue depressors, 1 triangle bandage, 1 tube first aid cream, 2 each (sm, med, lg) exam gloves, 1 bandage scissors, 1 EMT shears, 1 tweezer, 1 bar of soap

* Items and quantities may vary slightly according to availability. All substitutions will be of equal or greater value.

Medics First Aid Kit

M31-KF-P100

\$59.95

Stock up on a favorite American treat



The Applesauce MRE's taste like they came straight from your family orchard. They have a 5-7 year shelf life when stored at room temperature. Perfect for camping or hunting. Just tear open and enjoy a fruit treat.

Buy 1/2 case (36 servings)

M31-FM-E101

\$22.95

Buy 1 case (72 servings)

M31-FM-E101

\$44.95

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During an emergency, it's vital you shut off the gas FAST. If gas starts to leak, a pilot light or an electric wire could spark an explosion. You won't have time to frantically dig around in the garage for a wrench. But, if you have the Quake Jake wrench clamped onto your gas main, with its glow in the dark sides, it just might save your home, or even your life.



Quake Jake

M31-CU-T090

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D MAX:

Walking/Hiking Staffs

Staff Evaluation

These phenolic resin-impregnated wood product staffs are very useful for a variety of tasks on outdoors treks...

D MAX Industries, long-time maker of law enforcement equipment, and more recently, quality fire-arms and knives, is now also producing new high-tech walking/hiking staffs.

Available in two sizes, 48 inches long and 60 inches long, the staffs are made of phenolic-impregnated and layered wood product. Phenolic is a polyester or epoxy type synthetic resin.

The staffs are impervious to water, will not warp and will not float — a definite plus when using them to cross a swift stream. They are also resistant to oils and solvents. Additionally, they are fire resistant and will not conduct electricity. They have a beautiful polished wood grain surface, and come in blonde wood or darker brown colors. Users will find the staffs are virtually indestructible and versatile tools. They carry the D MAX unconditional, no-questions-asked lifetime warranty.

The light brown foam cell handles provide a strong, non-slip surface, are water resistant and shock absorbing. The staffs have a rubber crutch tip to protect the business end.

We received one staff in each size from D MAX for evaluation. The 5-foot model weighed $27\frac{1}{16}$ pounds and the 4-foot model weighed $15\frac{5}{8}$ pounds.

The vertical or cross sectional shape of the staffs could be described as rounded triangular. This is ergonomic and very comfortable in the hand, facilitating a firm hold.

The thick foam cell handles are even more comfortable to use and were appreciated as we carried and used these big smooth sticks on a hike in some nearby hills.

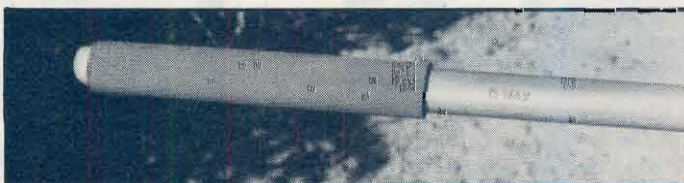
We found both staffs very useful for not only easing the burden on our legs and feet as we hiked or walked but also for helping to keep our balance by giving us a firm anchor point as we moved up and down steep slopes, cleared aside brush on the trails, probed heavily brush covered spots for snakes or other animals, and blocked whipping branches pushed aside by the per-



The 5-foot, left, and 4-foot walking/hiking staffs from D Max.

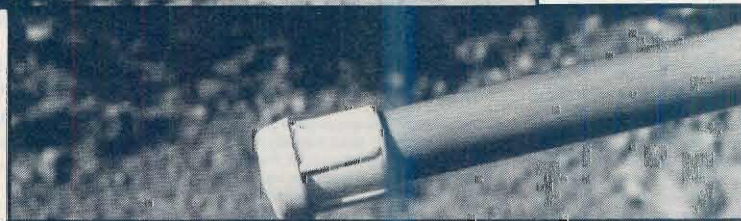


The 4-foot staff provides an anchor point while moving up a steep slope.



Foam cell handle is water resistant and shock absorbing.

Rubber crutch tip provides protection for the business end of the staff.



son ahead on the trail.

Needless to say, there are other uses, such as dog/coyote defense, fording streams, etc., although we did not have the opportunity on this first test of them to apply them for these uses.

The 5-foot staff is appealing for its size but we found it a bit tiring to lug around. It would probably be more appropriate for large sized walkers and hikers. The 4-foot staff is lighter and easier to wield for average and smaller sized people. These staffs can easily be cut to smaller lengths as the user desires.

We were pleased with the construc-

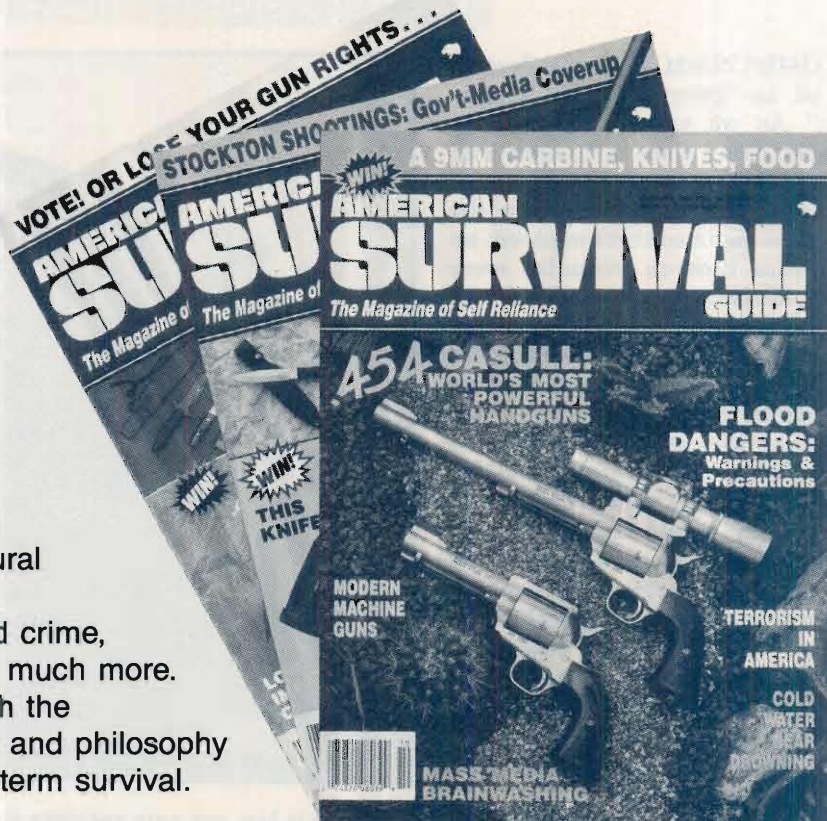
tion, strength, durability and utility of these excellent walking/hiking staffs. They would be a valued addition to anyone's outdoors gear.

The price of the staffs is \$1 per inch plus \$3 each for shipping from D MAX Industries, Dept. ASG, 17700 147th St. S.E., Building G, Monroe, WA 98272; phone (206) 794-7754; fax (206) 794-6505. D MAX also makes and sells a 3-foot "Jogger's Baton" exercise stick of the same material, as well as 24-, 26- and 28-inch police batons for law enforcement. Contact D MAX for more information. ●

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The Invasion of Privacy

By Mark Wilkerson

The U.S. government is using the 'war on drugs' to put a stranglehold on its citizens...

COMMUNISM has been described as "government by bureaucracy." As we watch the dramatic changes taking place in Eastern Europe and the former Soviet Union, it is amazing to see the practices of the oppressive regimes there exposed: secret police files on virtually every citizen, telephone systems riddled with wiretaps, and stagnant economies providing luxuries and perks only for the governing class. As these countries struggle for their independence and freedom, American citizens stand idle while their own Constitution and Bill of Rights continue to be attacked and ignored here in the United States.

The United States today is facing one crisis after another. The banking system is in trouble. Drug trafficking continues to plague our cities and neighborhoods. Gangs wreak havoc among themselves and innocent bystanders. Local governments are declaring bankruptcy, and government debt is skyrocketing.

As the government attempts to crack down on crime and corruption, the impact is felt, not so much by the criminals ignoring the law, but by innocent citizens who strive to comply with the law. It is ironic that as other nations weed out tyrannical and draconian governments, our government is slowly putting a stranglehold on its citizens.

In an effort to win the "war on drugs" the government is sidestepping the Constitution and implementing emergency laws to stop the narcotics trade. Searches can now be conducted by police if they have only a *suspicion* of drug involvement. With only "probable cause," Zero Tolerance laws let the government confiscate and seize property allegedly bought with the proceeds of money laundering or drug trafficking. Good-bye Fourth Amendment.

The Money Laundering Control Act of 1986 considerably weakened the Constitution by overturning many common-law and constitutional prece-



dents. This law not only restricts the Sixth Amendment protections of defendants to seek legal counsel, it requires retail merchants to, in effect, be spies and mind readers. A complex series of requirements dictates that retailers must be certain that the money they accept has not been derived from unlawful activities. Otherwise they can be fined or sentenced to 10 years in jail or both.

Where the American people are really being threatened is in the loss of privacy. For the government to control us, they must know everything about us. Where we live, how much money we make, what banks we use, our medical history, how many cars we own, our marriage status, how many kids we have, etc., etc.

Why should we worry about our privacy? Many bureaucrats will say, "An honest man has nothing to hide." However, Mark Skousen in his book, *The Complete Guide to Financial Privacy*, lists the following reasons to preserve privacy.

TRW is the nation's largest provider of consumer credit data. It recently made sweeping changes in the way it processes credit histories.

(1). Political, religious and racial persecution. Take a look at history — hundreds of groups have found themselves out of favor with those in power and have suffered financially as a result.

(2). Oppressive government, confiscatory taxes and war. Closely tied with the first reason, war or threat of war brings on a litany of government regulations, including restrictions on the movement of money and people. Price controls, rationing, confiscation of property and high taxes are typical acts of government to control people's lives.

(3). Gossip and false information. Have you ever been the subject of unkind gossip because someone else didn't like your lifestyle, your personality, your children or how much money you make?

(4). Divorce, family disputes, and lawsuits. Courtroom battles can involve large amounts of money. High-income people who display their wealth openly

are often subject to unwanted litigation.

(5). The increasing threat of burglary. Crime is increasing and the rewards are high in expensive residential areas. Professional burglars check obituaries and society pages to learn when people will be away at a funeral or on a long trip.

With governments and corporations forever updating their computer systems, it would seem almost impossible to escape their surveillance. Former Supreme Court Justice William O. Douglas remarked, "We are rapidly entering the age of no privacy, where everyone is open to surveillance at all times. Secret observation booths in government offices and closed circuit television circuits in industry, extending even to restrooms, are common. Personality tests seek to ferret out a man's innermost thoughts. Federal agents are often "wired" so that their conversations are either recorded on their persons or transmitted to tape recorders some blocks away."

He continues, "The dossiers on all citizens mount in number and increase in size. Now they are being put on computers so that by pressing one button all the miserable, the sick, the suspect, the unpopular, the off-beat of the nation can be instantly identified. Taken individually, each step may be of little consequence. But when viewed as a whole, there begins to emerge a society quite unlike any we have seen — a society in which government may intrude into the secret regions of a man's life at will."

The Bank Secrecy Act — The Bank Secrecy Act of 1970 was passed by congress during the Nixon administration. This grossly-misnamed law was the first federal effort to register foreign bank accounts and impose currency and foreign exchange controls on individual Americans. Among other things this law today requires U.S. citizens to report to the IRS any transporting of more than \$10,000 in cash or negotiable securities across a U.S. border, any cash transactions or series of transactions with a bank or other financial institution exceeding \$10,000, and the presence of foreign bank or financial accounts totaling more than \$10,000.

The Bank Secrecy Act forces banks to spy on us. The law requires banks to make photocopies of all deposit slips and both sides of checks drawn for more than \$100. Loans over \$5,000 must have permanent records kept and deposits or withdrawals of over \$10,000

must be reported to the Treasury Department via a Currency Transaction Report (CTR). But banks aren't the only institutions required to keep records on us. So are operators of credit card systems; securities brokers and dealers; insurance companies; automobile, aircraft and boat dealers; and even dealers in precious metals, loan and finance companies, travel agencies, and telegraph companies.

The Bank Secrecy Act also authorized the U.S. Customs Service to set up a computer system known as TECS (Treasury Enforcement Communications System). TECS terminals are located at every major port of entry to the United States. When your name or license plate number is entered into the system TECS will report: whether you're a suspected tax evader; whether

cies) was so widespread, Congress decided to make it legal in 1984. With President Bush's continuation of the "war on drugs" has come a continuing erosion of privacy rights. A new intelligence network for financial crimes was authorized by the Anti-Drug Abuse Act of 1988. FinCEN (Financial Crimes Enforcement Network) uses the advanced computerized technique called artificial intelligence to analyze complex financial dealings between individuals and institutions.

The Customs Service, the IRS, and the Drug Enforcement Administration all make their data bases available to FinCEN. Currently FinCEN has access to over 35 financial databases and they plan to acquire over 100 more. Access to your files can be had by calling up your name, Social Security number,



In the course of your daily affairs, how many surveillance cameras catch you in their gaze?

you have arrest records or convictions listed in the FBI's National Crime Information Center data base; if you have been suspected, arrested or convicted for possession or sale of illegal drugs; if you have been involved in smuggling; or if you are currently wanted by law enforcement for any criminal or civil offense.

The Privacy Act of 1974 was supposed to set controls on the use of personal data in government data bases. The bureaucrats either ignored the law or created such large loopholes that it was a worthless law. Robert R. Belair, counsel to the National Commission on the Confidentiality of Health Records said, "The Privacy Act, it turns out, is no protection at all. You can drive a truck through the Privacy Act."

Because computer matching (comparing information from the data bases of several different government agen-

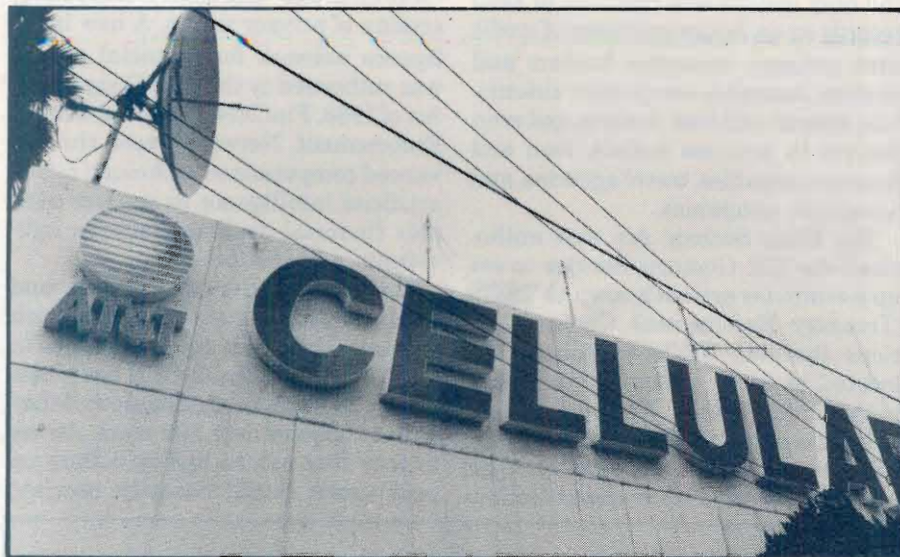
nine-digit zip code or by using other demographic information. The whole program, brags the head of FinCEN, "is a lot like big brother."

The strong connection between the IRS and FinCEN shows that the purpose of FinCEN is not so much to catch drug-related money laundering operations as to centralize financial information on every American.

One of the most powerful government agencies is the Internal Revenue Service. It creates its own laws, has more powers than any other police force, and actually has its own court system (where you are guilty until proven innocent). There are no separation of powers here.

When the agency was computerized in the 1950s it was held up as a model for other government agencies to fol-

The Invasion of Privacy



low. In 1991, the agency announced a \$1.4 billion contract to install a state-of-the-art computer system to improve data processing. So why are they requesting to spend \$6.5 billion more in additional computer capability during the 90s? The answer is electronic filing of tax returns.

Ultimately the IRS plans to develop computer systems capable of calculating the taxes each American owes. The agency calls this the "return-free system." Once it is set up, the IRS will simply send you a bill for the taxes it has determined you owe. If you don't pay up, the agency plans to seek authority to electronically transfer funds out of your bank account to make up the difference. How much more powerful and efficient can the government get?

Ultimate Privacy — Unfortunately it is illegal and extremely costly to achieve complete and total privacy. Dr. Gary North, editor of the *Remnant Review*, lists 17 things you would have to do: (1) Break the law and establish false identities for yourself, including fake driver's license, fake birth certificate and fake Social Security Card. (2) Sell services that are ordinarily tax deductible, such as home repairs or auto repairs, and insist on payment in cash. (3) Don't report your income to any government agency. (4) Never open a bank account.

(5) Sell your house. (6) When you get phone service or other utilities in your apartment, use a fake name. (7) Be prepared to make large cash deposits to utility companies, since you will have no credit record. (8) Cancel all subscrip-

If you want your conversations private, don't use a cellular or cordless phone. Signals can be picked up on ordinary radio scanners.

tions in your name. (9) Leave no forwarding address with the post office.

(10) Use mail drops for your mail. (11) Get a passport. (12) Convert all your liquid assets to cash, slowly, then go on a Caribbean cruise. (13) Get off the boat in a tax haven filled with banks, take your cash in a sack, and open an account at a bank that has no U.S. branches. (14) Set up a foreign corporation or trust and tell your banker (face to face) to transfer your money into it. This is illegal if you don't report it to the IRS. (15) Have the trust buy property in a country that has no extradition treaty with the United States. Brazil is one. (16) Be prepared to live as a foreigner for the rest of your life, if you have to flee the United States. (17) Be prepared to cut off all future contact with your relatives.

Few of us would be willing to pay the price to achieve this level of privacy. And I am definitely not advocating that you break the law! However there are things you can still do to dramatically lower your profile and protect yourself from theft, salesmen, lawsuits, and unnecessary red tape.

Legal Tactics — The following suggestions are currently legal steps we can take to make it more difficult for others to invade our privacy.

Get out of debt. Since credit cards and checks leave a paper or an electronic trail, pay cash for purchases that you want to keep private. Just be careful not to break any money laundering laws when you use cash or cash

equivalents.

Obtain a copy of your credit report and correct any inaccuracies. Recently, TRW, the nation's largest provider of consumer credit data, agreed to make changes in the way it packages and sells sensitive consumer credit histories. One free credit history per year will be available to each consumer.

Send sensitive correspondence without a return address. Rent a mail box from a private mail forwarding service, and use it for all but routine correspondence. After you rent the mail box, open a checking account to pay your bills. Put your box number on the checks, if you have any address at all on your checks. Use an assumed name in private correspondence.

Obtain an unlisted phone number or a listed phone number under an assumed name. For calls you wish to keep private, use a pay phone. To avoid high pressure salesmen, etc., use an answering machine to screen your calls.

Secure all doors and windows of your home to prevent uninvited intrusion. Unfortunately, most of us don't have to worry about this next step: sell any vehicles that flaunt your wealth or success. Another simple matter is to keep your mouth shut. Refrain from discussing private matters with casual acquaintances. It is amazing what people will divulge to people they barely know.

Establish trusts to protect yourself from lawsuits and asset seizures. Ask your accountant and attorney to return any non-routine documents in their possession relating to you. And lastly, open a foreign bank account, or even better, two foreign bank accounts in two foreign countries. Be sure not to break any money laundering laws when you use cash or cash equivalents.

The future does not appear very bright regarding privacy and individual freedom. With members of Congress pressing for a National ID card, "new money" that contains bar codes or magnetic strips, and eventually a cashless society using debit cards, the stranglehold will increase. Super computers will be able track our every purchase, noting times, locations, etc. Those under suspicion of some offense or crime, could be denied access to their electronic funds with a push of a button. Hopefully the American public will wake up to these dangers and fight for their common-law rights of privacy. ●

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Staff Evaluation

NHM-90 Rifle

Chinese semiautomatic Kalashnikov with modifications to meet import requirements...



The new NHM-90 semiautomatic rifle is a more civilized version of the well known Kalashnikov.

As most of us know, our illustrious protectors in the federal government banned importation of those wicked-looking semiautomatic Kalashnikov rifles after some were used in a few sensational crimes.

Although there are still lots of them for sale in gun stores in many states, California, New Jersey and certain other jurisdictions have declared them "assault weapons" and have banned their sale and heavily restricted or even outright banned their possession.

For those of us who are pro-firearms-ownership, this has been a lamentable situation, since these firearms are very popular sporting guns, firing a cartridge ideal for deer and other game animals, not to mention their potential as self-defense and militia weapons.

Indeed, the Kalashnikov is a proven reliable and effective rifle.

Now the Kalashnikov is back, albeit in a modified form externally, but essentially the same rifle internally, and fully legal in most jurisdictions.

China Sports, Inc., U.S. importer of the People's Republic of China arms maker Norinco, introduced its new NHM-90 semiautomatic rifle to U.S. gun owners last summer and these guns are now available from well stocked gun dealers nationwide.

To meet revised U.S. import regulations which specify that pistol grips, bayonet mounts and flash hiders are not "sporting" and therefore banned, the NHM-90 is a semiautomatic Kalashnikov without a bayonet lug or flash hider and now has a thumbhole stock and fore end made in the U.S.A. of huckberry, an American hardwood. There is a ring on the barrel near the

Perhaps the most notable change in the original Kalashnikov design is the addition of the thumbhole "sporter" stock.



While it requires a bit of effort to reach the trigger, the thumbhole stock is basically comfortable and useful.



end of the gas tube for use of a sling, though you'd have to install a swivel or other receptacle somewhere on the butt stock to accommodate the other end of the sling.

This rifle comes with a 5-round detachable steel box magazine which

is basically your standard 30-round AK "banana" mag cut down and with an insert to prevent the loading of more than 5 rounds at a time.

Otherwise, however, this is the same gas-operated semiautomatic 7.62 x 39 mm caliber Chinese-made Kalashnikov



This rifle has no bayonet mount or flash suppressor.

The sights are standard Kalashnikov.



The magazine holds 5 rounds.



many of us are familiar with. It has a receiver made of steel stampings and a chrome lined ordnance steel barrel with rifling of 1 turn in 11 inches (L.H. twist).

Overall length is slightly more than 35 inches, with a 16¼-inch barrel

length. Weight with empty magazine is 8 pounds 8½ ounces.

Sights are the same rear notch adjustable for ranges out to 800 meters with front post adjustable (with proper tool) for windage and elevation with protective "ears." Actually, those "ears"

were originally intended as a front sight aperture when firing in full-automatic mode. They do tend to protect the front sight post as well.

The safety is a manually operated long lever on the right side of the receiver which, when in the upper or "safe" position with an "S" just below the front of it, blocks the trigger, covers the ejection port to prevent the entrance of dirt or other foreign matter, and prevents the cocking handle from being drawn rearward to chamber a round and cock the rifle. When pushed all the way down to the position marked by an "F" for "fire," the rifle is ready to be cocked and fired.

Field stripping is the same as on the original Kalashnikovs and begins with pushing in the takedown button at the top rear of the receiver. Complete disassembly for cleaning and maintenance takes only seconds, as does reassembly, and requires no tools. Although standard Kalashnikov cleaning gear is helpful for cleaning the rifle, especially the gas tube, a standard .30 caliber cleaning rod with wire brush and cloth patches, along with solvent and oil, will do.

We test fired the NHM-90 on two occasions, the first time using some Yugoslav military full metal case ammunition and the second time with U.S.-made American Eagle (Federal) 124-grain metal case ammo. We chronographed the American Eagle stuff with a mean velocity, a few feet from the muzzle, of 2,129 feet per second.

On both occasions the rifle was perfect in its functioning, with the same great accuracy these guns are known for.

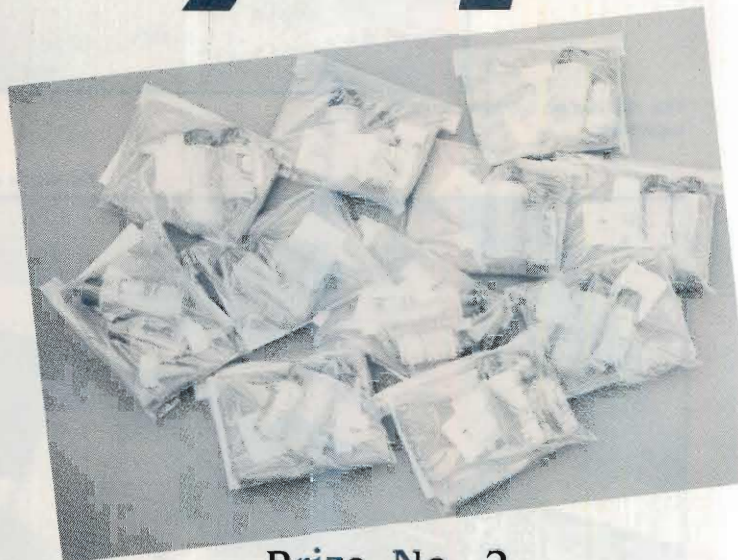
Firing from the shoulder at targets ranging from about 50 out to 100 yards, we made repeated hits on anything we shot at. While on these occasions we did no bench rest test firing, when you can hit a small bottle or can placed 100 yards away, you know you've got a basically very accurate firearm. This gun would be a good brush gun or hunting arm for deer and other big game.

The NHM-90 carries a suggested retail price of about \$380. This is not the most perfectly finished Kalashnikov we've seen. The Yugoslavs seem to have the best in this respect.

But it's a handsome firearm nonetheless, and very functional — reliable and accurate and easy to operate. You can look an NHM-90 over at better gun dealers across the nation, or for more information, contact China Sports, Inc., Dept. ASG, P.O. Box 3250, Ontario, CA 91761. ●

ASG 1992 No. 1 Giveaway

Fill out the accompanying coupon, and include payment with subscription orders or current subscription extensions. All ASG 1992 Giveaway No. 1 entries should be printed or typewritten on the official coupon, or a reasonable facsimile from this magazine. A facsimile entry is acceptable and valid, as long as it contains information required with the subscription or extension order/entry form. The ASG Giveaway is open to any resident of the United States. Federal law requires that only U.S. citizens are eligible to receive a firearm prize. The prize winner must not be legally restricted from receiving or possessing a firearm. This contest offer is void where prohibited by law. Employees of McMullen & Yee Publishing and its subsidiaries or subordinate agencies, agents and members of their immediate families, are not eligible to enter the contest. There is a **LIMIT OF ONE ENTRY PER PERSON** for this contest. Duplicate and/or multiple-copy entries, when detected, will be disqualified and discarded. The prize winner will be selected in a random drawing of the coupons submitted for this contest. The drawing will be conducted at 2 p.m. April 30, 1991. Entries received after April 29, 1992 at 4 p.m. will be invalidated and discarded, though subscription orders will be honored by McMullen & Yee Publishing. The prize winner will be notified by telephone and/or mail within one week of the drawing. The firearm prize winner will be required to arrange with a local federally licensed firearms dealer to accept delivery of the prize. The winner will be required by the firearms dealer accepting the prize to fill out all necessary federal, state and/or local firearm purchase and/or transfer forms. To receive this prize, the winner must meet **ALL** federal, state and/or local requirements for firearms ownership. The winner must be 18 years of age or older. **NO EXCEPTIONS.**



Prize No. 2

A quantity of 36 Gunny Ragg Combo Packs. Gunny Ragg Products 1027 Elk Street, P.O. Box 2696, Dept. ASG, Rock Springs, WY 82902; (307) 362-7626. Each combo pack contains a two ounce bottle of "Gunny Ragg PTO" penetrating oil type powder solvent containing Teflon. Gunny PTO works well with 0000 steel wool for lead removal. Another item in the pack is "Gunny Ragg" a 100 percent cotton flannel rag impregnated with a light Teflon bearing solution. A one ounce bottle of "Gunny Lube," a high-quality petroleum based oil with Teflon, is also included and is ideal for keeping blueing rust free. Each combo pack comes in a resealable plastic bag that will fit in any small gear bag or case. Retail value is \$225.

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Prize No. 1

The MBK-9HPC semiautomatic pistol from K.B.I., Inc., Dept. ASG, P.O. Box 6346, Harrisburg, PA 17112; (717) 540-8518; fax (717) 540-8567. Made in Hungary by FEG and imported by K.B.I., this handsome and compact recoil-operated handgun has a design based on the world renowned Browning Hi-Power semiautomatic pistol but with important improvements. Most particularly, it is a double-action semiautomatic pistol with a slide mounted safety decocker which safely lowers the hammer on a live round in the chamber while at the same time blocking contact between hammer and firing pin. Introduced in the U.S. in 1991, this gun is all steel except for the hand checkered walnut grips and has a blue finish. Magazine capacity is 14 rounds. Sights are a fixed U-notch rear and front blade. Sight radius is about 6 inches. Weight is 35 ounces with empty magazine. Overall length is 7½ inches. Barrel is 4 inches. Height is 5½ inches. Width is about 1½ inches. Includes gun, two magazines, cleaning rod and owners manual. Retail value: \$400.



Prize No. 6

72 Hour Waist-Pak with Solar Dynamo AM/FM radio. NITRO-PAK Preparedness Center, 13309 Rosecrans Ave., Dept. ASG, Santa Fe Springs, CA 90670; (800) 866-4876 or (213) 802-2635. Designed for easy carrying of survival supplies in the event of evacuation or disaster. Provides one person with important items for three days including food and water. Contents include: 2400K ration bar, nine water pouches, emergency space blanket, poncho, flashlight, first aid kit, survival candy, 15 function knife, heat packs, tissue packs, wet wipes, refuse bags and a Solar Dynamo AM/FM radio. Retail value is \$64.95.



Prize No. 3, 4

Prize No. 3 is the Recon Scout combat knife from Special Projects, a division of Cold Steel (for information, a free Special Project catalog or orders call toll free 1-800-255-4922). A superb new combat bowie, the big, tough, razor sharp and versatile Recon Scout has identical Carbon V steel, heat treatment and construction to the world-famous Cold Steel Trail Master, but with a handsome baked-on, non-reflective black epoxy coating and high cantled (upward curving) edge buffed to a keen sharpness. U.S. and allied troops carried the Recon Scout during Operation Desert Storm. Weight: 15 ounces. Overall length: 12.5 inches. Blade: 7 inches long, 1.25 inches thick. Handle, black checkered Kraton rubber. Full tang is 5/16 inch thick.

Comes with handsome, ambidextrous black nylon sheath suitable for belt or web gear. Value: \$130. Prize No. 4 is the Mamba 7-L, a lighter, more compact version of the original Mamba combat knife from Blackjack Knives (Dept. ASG, 1307 W. Wabash Ave., Effingham, IL 62401; 217-347-7700). The Model 7-L was developed after hundreds of requests for a smaller version of the famous Mamba. The construction of the full tang knife is 400 series high carbon stainless steel at 55-57 Rockwell. Hand ground convex edge is razor sharp and easy to maintain. Overall length is 13 inches. Blade is 3/16 inch thick and 7 inches long. Weight: 12.2 ounces. Handle is black Kraton rubber. Comes with high quality black Hunter Leather sheath. Value: \$80.



Prize No. 5

Four Belt Bag Holsters from KG Products (Dept. ASG, P.O. Box 1555-A, Inyokern, CA 93527; 619-377-3292 or toll free 1-800-944-7717). Included are one #3 size black leather holster (\$49.95—will hold Ruger SP 101, 2½" S&W K frame, S&W 6900, 3913, 4516, 4013, Star PD, Colt Officers ACP, Glock 19), two #2 size nylon holsters — black and fuchsia and gray and electric blue — (\$19.95 each, will hold 2" S&W RB J frame, PPK, PPKS, Colt Gvt. 380, STARFIRE 9mm and most stun

guns), and one solid navy color #4 size nylon (\$24.95, will hold Colt Commander, Ruger P85, SIG 226, Beretta 92 Compact, Taurus Compact, S&W 39 & 59, Glock 17, Browning HP and most 3" RB revolvers). The Belt Bag Holster allows you to carry concealed anytime, anywhere (check on legality in your area—you may need a license to carry concealed). You can carry your money, valuables, MACE, Stun gun or a handgun in the false back. Grab and rip open the Velcro and snap closure for instant access. Carry other items in the zippered front pockets. Total value of this prize: \$115.

Tofu

Made from soybeans, tofu is an excellent source of protein...

By David A. Rude

AS any survival oriented person knows, protein is essential to one's daily diet in order to maintain good health and to carry out the many tasks of day to day existence. In a survival situation where anxiety and physical exertion will be greater, it is even more important to fuel our bodies with good protein, minerals, and vitamins. In a survival situation good quality protein may be hard to come by. Ideally our protein should be easily digestible, easily prepared, inexpensively procured, and the raw materials easy to store over long periods of time.

Tofu is, I believe, the ultimate survival food. Tofu, pronounced toe-foo, with the accent on the second syllable, has been around for some two thousand years. It originated in China where it was and still is necessary to feed an over populated country, inexpensively. The Japanese have been making tofu for about 1,000 years making them relative new comers. Tofu is made from soybeans and is also known as bean curd. Here in the west tofu is all but unheard of. Tofu is white in color and has texture of a firm yogurt, but dryer. The taste? Well, it is even harder to describe the taste but it could be said that it is rather bland and gets its flavor from other ingredients in the

dish it is used in. This quality makes it ideal for upping the protein content of any dish.

Most Americans visualize a choice cut of beef, say a Porterhouse steak cut about an inch thick, weighting in at about a pound and a half, as being rich in protein and necessary at least twice a month to stay virile and maintain good nourishment. But hold on! What about all the calories, cholesterol, and fat content? What happens when red meat becomes non existent or the price becomes prohibitive? There is protein in other types of food of course but there are few with as much digestible protein as can be found in tofu.

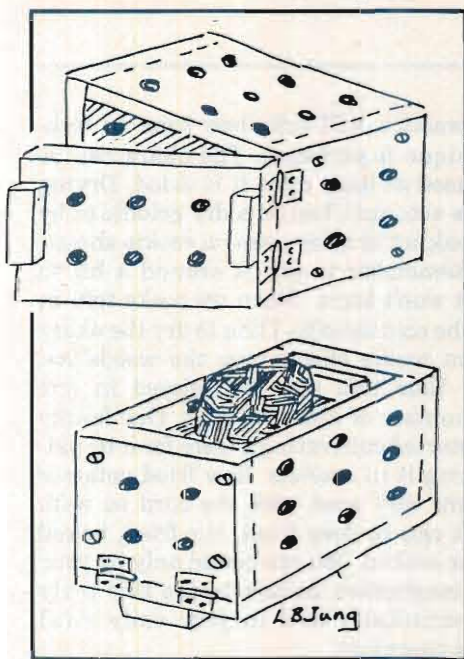
Unlike the aforementioned thick juicy steak, tofu doesn't have any cholesterol, has very few calories, and contains all of the eight essential amino acids. If all this isn't enough, it is very easily assimilated by our bodies. The protein content of soybeans is about 35 percent making it higher in protein than any other unprocessed food stuff available. Using the steak as a basis for comparison, we would find that five ounces of beef would give us the same amount of usable protein as a half cup of soybeans! Tofu is also very rich in



Simplicity. Tomato soup with tofu, a few springs of alfalfa and radish sprouts, add a touch of elegance to a plain dish. Tofu is rich in protein, has very few calories, and no cholesterol.



There are two types of soybeans. One strain is used for animal feed and the other is grown for a flavorful vegetable. I use the fodder type because they're easy to find. Be sure they are fresh and are not sprayed with fungicide!



This forming box sports a hinged bottom to facilitate easy removal of the finished product. The illustration on the bottom shows the three to four pound weight in place on top of the floating lid. This step squeezes more liquid from the curdled milk to form the tofu cake. More weight makes it dryer and firmer. This pine box measures 4x4x7 inches inside.

calcium, making it an ideal milk substitute should milk become unavailable.

America grows two thirds of the world's soybean supply, but exports most of it. The portion we keep is most generally used for the production of livestock in the dairy, beef and pork industry. This is unfortunate because the ratio of retrievable protein from meat, to that of using the bean as a direct protein source is disproportionate. That is, the protein value put into a steer will never be retrieved from the consumption of the meat produced.

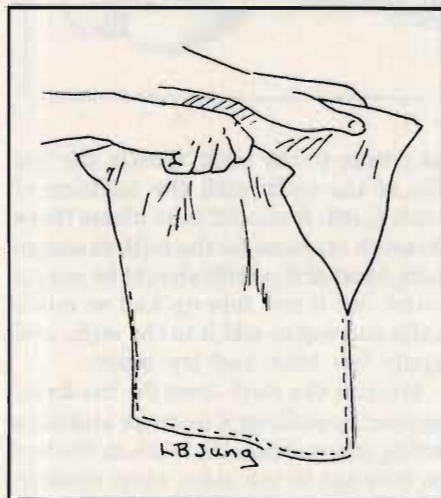
It has been estimated that a year's bean crop produced in this country could fulfill the protein needs of every man, woman and child in the United States for three years, if the protein was consumed as tofu. It has been further estimated that 75-80 percent of all other grains grown in the U.S. are used in the raising of livestock. Dairy production would quite naturally fall into this usage too. For some reason, there is still a seemingly misguided reliance on red meat in our country. Grains could be used for feeding more people for less cost. Therein, may lie the problem; the greed factor.

Past articles in this magazine have emphasized the need for having "hands on" experience, or at the very least, a practical knowledge of skills to aid us in day to day life should the present

way of life be disrupted by calamity of the natural variety or that of the man-made variety. The knowledge of making tofu should be high on your list of skills to learn.

Soy beans are quite easy to acquire as they can be bought or bartered for from growers, purchased from health food stores or can be found in food co-ops. They can also be purchased from companies specializing in nitrogen packed survival foods, should you want to stock them for long term. Check out the advertisers in this publication.

There are basically two kinds of soy beans grown in the U.S. There are "fodder" type beans for livestock and for commercial purposes, and there are vegetable beans (soy), bred for more taste for human consumption. I used the fodder type bean with very good results. When buying beans, make darn sure they aren't sprayed with any insecticides or other chemicals used to prolong their life in the grain elevators!



The squeeze bag is made with a coarse weave unbleached muslin material found in most large fabric shops. Notice the bag is sewn up about 3/4 of the way to the top making it easier to receive the puree.

These wonderful little round beans can be stored from one to three years if they are dry, are stored in air-tight containers and are stored out of direct sunlight. These are the requisites for the long term storage of any legume.

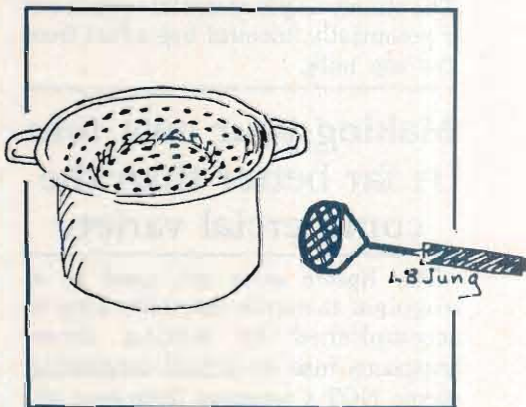
The equipment needs for making tofu are quite modest and inexpensive. Most homes have many of the items needed. You will need a large flat bottomed colander (strainer) about 2 1/2 inches in diameter, one long-handled wooden spoon (it must be wooden), a one and a two cup measuring cup, at least a two burner stove top, blender or food processor, potato masher, and two large pots with lids. These pots should have a capacity of about 12 cups. A third pot is also needed but can be

smaller, with a capacity of about six or eight cups. A forming box with a removable bottom and a cloth to line it with are also necessary. A three to four pound weight is needed to weigh down the lid of the box. A squeeze bag made from a coarse weave muslin fabric is essential. Good dimensions for the two large pots are 11 inches diameter and seven inches deep. These can be found in most department and discount stores under such brand names as Ecko and Mirro. The ingredients for making a batch of 20-32 ounces follows: One and a half cups of dry soy beans, four tablespoons of Epsom salts and at least 18 cups of water. The Epsom salts can be found at your friendly pharmacy or in the health care section of a department store. The smallest quantity I have been able to find has been one pound.

Begin the process the night before by soaking the one and a half cups of beans in water. The water should cover the beans by several inches because the beans swell as they absorb moisture. They should soak for about 12 hours at room temperature (about 65-75 degrees F.).

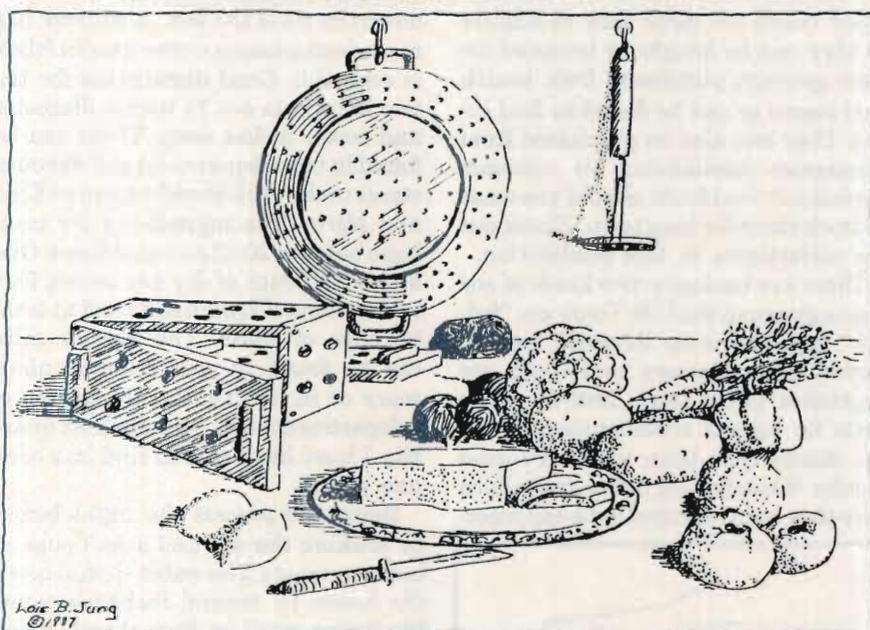
Bring to a boil eight cups of water in each of the large pots. Meanwhile, wash and drain the beans in cold water and divide the beans into two equal halves. Puree half of the beans with one cup of warm tap water and one cup of boiling water. Half is preferred because most blenders do not have the capacity to handle all of the beans and liquid. Pour the first batch of puree into the boiling water and cover. Puree the remainder and do likewise, but now, turn off the heat. Now is a good time to rinse out the blender in COLD water as the puree is very sticky and will be hard to clean off later.

Place the colander over the smaller pot and fix the muslin bag to receive the puree from the big pot. This step



A large flat bottomed colander fits the top of a large pot making it easy to retrieve the soy milk from the mashing of the puree. The mashing is done with the potato masher.

Tofu



Tofu... the ultimate survival food, goes well with most anything. Your imagination is your only limitation as how to incorporate this marvelous curd into your daily fare.

is where it is helpful to have someone to help. The bag is now wrung tight to squeeze out as much liquid as possible. This is done over the colander so the liquid can be saved. Now use the masher to further extract juice from the bag. At such time as you can't get anymore juice out, open the bag and stir the pulp. The pulp is called okara. The juice is soy milk.

Now add three cups of the hot water from the water pot and repeat the squeezing process. After this is complete, empty the bag and save the okara for future use. The soy milk is now brought to a full boil and allowed to simmer for 15 minutes. It must be stirred constantly so it doesn't scorch. The simmering is essential to cook out a potentially harmful byproduct from the soy milk.

Making your own tofu is far better than the commercial variety

The Epsom salts are used as a coagulant to curdle the milk. This is accomplished by mixing three teaspoons (use an actual measuring spoon, NOT a teaspoon from your silverware set), of the salts with a cup of warm water, stirring until dissolved. The coagulant is added about a third

at a time to the milk. Gently stir the top of the milk with the addition of each third. It should take about three to seven minutes for the milk to coagulate. Most of the milk should be coagulated, but if not, mix up half as much salts and water, add it to the milk, and apply low heat and try again.

Prepare the cloth liner for the forming box by soaking it in water and then wring it out. Place the cloth in the box so it clings to the sides, then moisten with the liquid from the curd.

Carefully strain the curd, and place it in layers in the box until almost full. The cover and weight are placed on the box and allowed to sit for 20-30 minutes. Liquid will be forced from the box so place it over a suitable receptacle.

The next step is to get the tofu out of the forming box. This is accomplished by placing the box on its side in a sink full of COLD water and gently teasing the cloth containing the firm curd out of the box. At this point it is helpful to put a plate under it for support and permit it to sit under water to firm up a bit more. In approximately five minutes, your first attempts at making tofu may be sampled. If there is any left after sampling, put the curd in a rigid plastic sandwich type container, cover with cold water and refrigerate. Change the water daily and it should last from three to five days.

The first time through this process will probably take two hours but with

practice, will take less time as technique is perfected. The okara can be used as flour after it is dried. Drying is accomplished on a dry griddle or by baking in a low oven on cookie sheets. Remember to stir it around a bit so it won't burn. When we make tofu in the cold months, I like to dry the okara on cookie sheets over the woodstove.

Your tofu may be enjoyed in any number of different ways. Our family started cultivating a taste for it by putting it in omelets. Raw fried potatoes are very good with the curd as well. It can be deep fried, stir fried, baked or cooked. You are bound only by your imagination as how to use this truly remarkable food in your daily meal preparation.

Given the nutritional value, and the relative ease of making tofu, I think it should be seriously considered as a prime survival staple. It has a flavor which is easily acquired by the palate and is very inexpensive to make. In our small mid-western city the price for 16 ounces of commercial tofu runs about \$1.29. I would recommend trying some commercial tofu to see if you and your family like it or could learn to like it. Making your own is far better as the commercial variety is not as fresh, nor as flavorful, and usually has preservatives and or additives in it. At \$1.29 per pound, the cost is eight cents per ounce. Making it at home costs about \$.017, (approx. 2 cents) per ounce! This figure is derived from using 30 cents per pound for the cost of the beans and a fraction of a cent for the Epsom salts. As you can see, the cost per ounce is very minimal. If you have been looking for a substitute for meat or a nutritious complement to your everyday cooking, look no further. Bon appetit! ●

Complete step by step instructions available for "Making Tofu" from: Graymoon Research, P.O. Box 1018, Dept. ASG, Oxford, WI 53952. Please send \$3.00 U.S. in cash, stamps or money order. Your complete step by step instructions for making tofu will be sent to you the same day your request is received by Graymoon.

Marshmallows Not Required:

Home Fire Alarm Systems

'A fire alarm system gives you the most information of any type of fire protection' . . .

The author attended Northeastern University for 3½ years before deciding he did not want to be an electrical engineer and leaving. He drove his parents crazy when he decided to become an electrician instead. He got his education in alarms as an employee of an alarm parts distributing firm, working on more than 50 types. "During my seven years in the distribution business I got to see just about every mistake an alarm installer can make," he says. He now owns and runs an alarm service and design corporation and has installed and worked on "every type of security, fire, warning and surveillance system you could imagine." — The editors.

By Bob Pribusauskas

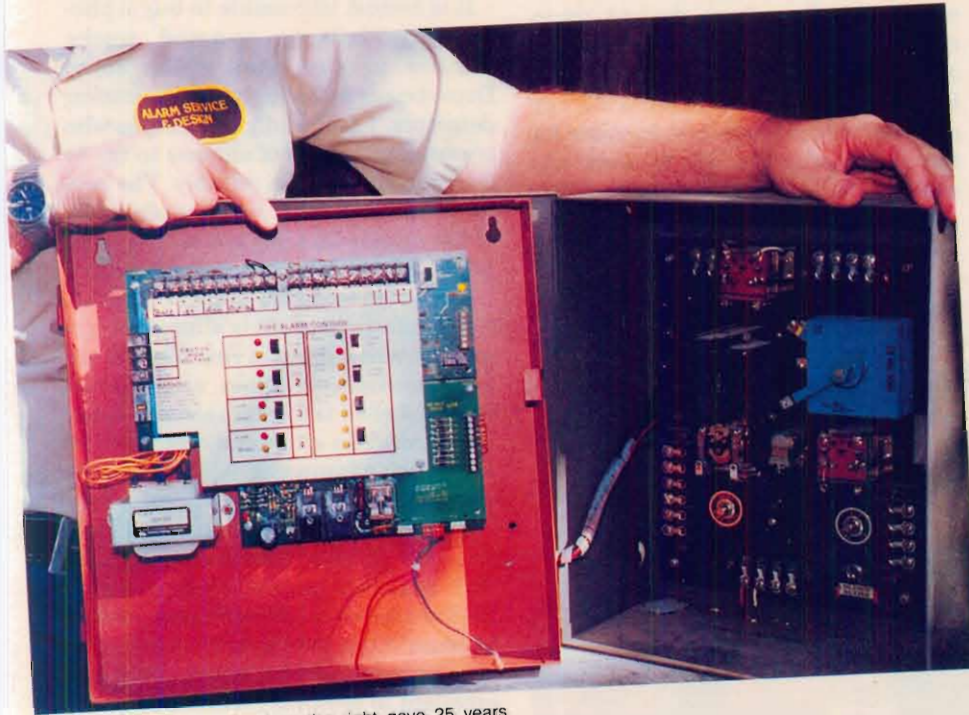
FIRE!!! Talk about a bad way to start your day. I can't think of another word that will get your adrenaline pumping quite as fast. A serious fire will totally destroy your home and belongings. Statistically fire is the most likely disaster to strike a home in America.

It never ceases to amaze me that the same person who will spend \$1,000 for a second or third battle rifle, will let his family sleep in a house protected with \$10 smoke detectors. Cheap smoke detectors are like the boy who cried wolf. They always are crying fire when there isn't any. They get you pumped up and running around like a mad man, only to find no fire, but someone cooking bacon in the kitchen. I realize that they were the best ones that K-Mart had on sale but...

Department store battery operated smoke detectors usually will detect a fire, IF they still have a battery installed. Many smoke detectors are so false alarm prone home owners pull the batteries in order to get a full night's sleep. If the right type of fire starts they'll sleep forever.

If you can afford it, hold off on that battle rifle. A fire alarm system with a fire alarm control panel is the best way to go. The main reason is quality. The smoke detectors you can buy to put in your house system are the same units installed in hospitals and museums and other places that need the verrrrrry best fire protection. Just like you do.

A fire alarm system consists of four parts: the control panel, the smoke or heat detectors, the signaling devices,



The fire control panel on the right gave 25 years of faithful service before being upgraded to a multi-zone fire panel (left).



Regular electrical wire, at right, shows bare copper and melted insulation after being heated with a torch. The fire alarm cable, at left, is merely scorched.

Home Fire Alarm Systems



High Temperature (200 degrees F.) heat detectors are used over heaters and in attics where the air temperature may climb over 135 degrees in normal conditions.

gauge wire would cost for a regular electrical application, but in this case you get what you pay for.

The next most common mistake is wiring the fire alarm devices incorrectly. One of the jobs that the fire alarm control does is monitor the integrity of the wire connecting the different devices together. In order for the monitoring circuits to work the smoke detectors must be wired exactly as shown in the directions.

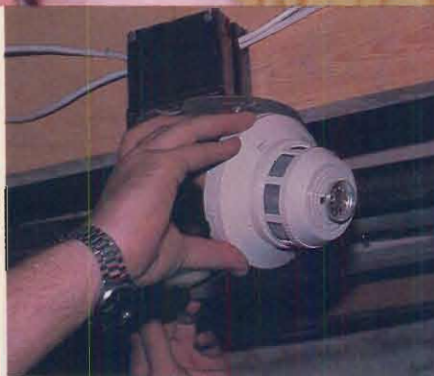
Next you have to think about the



A smoke detector taken apart to show the smoke baffle chamber (center) and the electronics package (bottom). The large black rectangle on the printed circuit board is where the light source and photocell receiver are housed.

and the wire that makes it all work. All of these parts should be U.L. listed for fire alarm systems, especially the wire.

The most common mistake I see people make in installing fire systems is to use the wrong wire. Wire listed by Underwriters Laboratories (U.L.) for fire systems is made with a special heat resistant plastic coating. A wire that melts before it can tell the control panel about the fire isn't going to do you much good. Any supply house that sells fire alarm equipment should stock the correct wire for the system. Be prepared to pay about double what the same



Smoke enters this detector through the screened openings around the smoke chamber. This unit has a fixed temperature heat detector built into it as well.

detection part of the system. In house fire systems these are the smoke detectors and heat detectors. There are two types of smoke detectors. The first type

uses a light source and photocell to sense smoke and is called the photoelectric, or sometimes photoelectronic, type. The second type uses a chamber with a small amount of radioactive material to sense ionized air which is often present in fires. This type is called the ionization type.

It is almost impossible to buy a photoelectric battery operated smoke detector in any retail outlet store. Department stores only sell ionization detectors. I feel badly for people who try several brands of smokes to try to find one that works reliably. The problem isn't caused by the manufacturer of the smoke detector but by the technique the detector uses to sense smoke.

Ionization detectors sense ionized air, not smoke. Ionized air is almost always present when there is fire. Ionized air is also available when meat fat is broiled, bread is toasted, strong cleaning fluids, like ammonia, are used, or where urine is present. All of the above can cause false alarms.

If you broil bacon at home and have never set off your ion smoke detectors, they probably aren't working right! Ionization detectors work very quickly to sense a hot fire or a fire caused by overheated electrical wires. They are excellent in computer rooms and other similar rooms that require quick response to prevent equipment damage. The telephone company uses these detectors in many switching and equipment rooms. Cooking is not allowed in these areas.

I'm not a fan of ionization detectors in homes. With careful placement and the use of a high quality unit it is possible to use this technology to protect a house, but the house I sleep in uses photoelectric smokes.

Photoelectric smoke detectors sense smoke. Smoke from a fire enters a smoke chamber and causes a light beam to reflect into a photoelectric eye. The eye senses the light and sets off the alarm.

Photoelectric detectors work better in a real-life home than ionization detectors. They are not sensitive to the things that will false alarm the ion detectors. If you burn dinner and get a smokey fire going, then they go off, but not before.

Smoke detectors should be installed in each level of your home. The single most important smoke detector in your home will be the one outside your

bedroom. Most people who die of smoke inhalation are sleeping when a fire starts and are overcome before they wake up.

If your bedrooms are separated in your house, put a smoke outside each area. Smoke detectors should also be installed at the top of open stairwells. Smoke rises up the stairs like a chimney, and you want a smoke detector there to sense it. The exception to this is if a stairwell is closed at the top, like at the top of a typical cellar stairway. A closed stairway will have a pocket of clean smoke free air trapped at the very top. Cellar smoke detectors are placed at the bottom of the cellar stairs to detect smoke as it moves towards the stairwell.

Heat — Heat detectors provide another way of detecting fires. They are installed to protect property, not lives, but they are also installed in homes in places where smoke detectors would likely false alarm.

Heat detectors will detect a flaming fire, one that produces a lot of heat. Heat detectors are not normally used in living spaces in homes. Usually you will be dead for a half hour from smoke inhalation before a heat detector will sense a fire. A heat detector will help you to save your house from fire; a smoke detector will save your life. Garages, boiler rooms, and attics are places that heats would be used instead of smokes.

In a garage auto exhaust would cause false alarms, but because of gasoline and other flammable items that are usually stored there you need some detection in case of fire. A heater backfire which puts out a puff of smoke will trip a smoke even though there is no real danger. If the heater does get out of control it usually is a good (?) hot fire, which will set off a heat detector.

The widely fluctuating humidity and temperature levels in attics, not to mention the healthy dose of dust and bugs up there, can screw up the smoke detector's electronics. A good rule of thumb is: do not install smoke detectors where you wouldn't want to live.

Exotic fire sensors like, ultra violet flame detectors and broad beam space protection are so expensive and ugly they are only used in special commercial applications. I only mention them so no one will feel obligated to write and tell me I forgot to talk about them.

The best fire system in the world is worthless unless it can notify you of a fire. The correct installation of fire signals is more complicated than you

might guess. First consider that the sound of the fire signals must be heard throughout the house, even when you are behind a closed bedroom door and sound asleep, and don't forget the cellar and garage. Bells, horns and electronic sirens are all used as sounders in fire alarm systems. I use an electronic slow whoop siren in my fire systems. Underwriters Laboratories' new regulations will require this type of sounder in all new fire systems shortly. The noise this sounder creates is unique, and cuts through any background noise like a hot knife through butter.

Strobe lights are installed if any family member is hearing impaired. Blaring fire horns aren't much help if you can't hear them. An outside sounder will alert the neighbors of a problem in your home, but a red strobe light on the outside of your house is more important as it will pinpoint your house for approaching fire trucks. Seconds seem like hours when you are waiting for the fire fighters to arrive, so every second really does count.

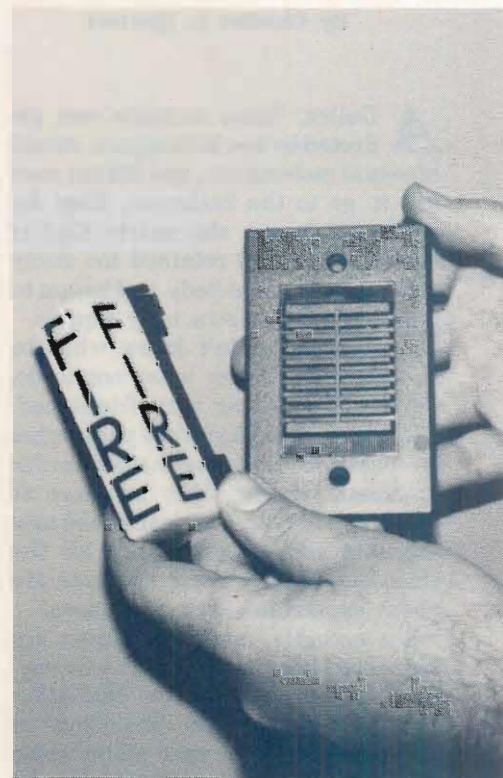
I also like to install a remote annunciator in the master bedroom. An annunciator is just a set of indicator lights, or light-emitting diodes (LEDs), that light up to pin point where the fire is. Precious seconds can be saved if you know to start your search for the fire in the basement and not in the attic.

The control panel is the brains of the fire alarm system. It takes input from the eyes and ears (smoke and heat detectors) and decides when it is time for the voice (fire horns) to yell fire. I use a four-zone fire control panel in most houses. A four-zone panel has four red LEDs and four yellow LEDs to indicate a fire or a trouble condition in each zone. Each zone "watches" a different part of the house. I break a house into natural levels: cellar, first floor, second floor, and attic. The LEDs light up on the front of the alarm control panel and at the remote annunciator to tell us which zone is signaling a fire. The yellow trouble LEDs light to tell where to look for broken wires or missing smokes. Other LEDs light up to signal problems with alarm signaling circuits, standby batteries, a.c. power, and automatic fire station signaling devices. Each zone also has a bypass switch. This allows you to shut off a malfunctioning zone and allow the rest of the system to work normally.

The control panel runs on house current and is backed up by standby batteries which are kept fully charged

with a built-in battery charger. If the batteries cannot hold a charge due to age or other problems the panel will tell us. Blown fuses and just about any other problems that might prevent the fire alarm system from functioning when needed are monitored by the fire control panel.

A well maintained fire alarm system will give you years of trouble free service. I have worked on systems that are 25 years old that are still effective fire alarms. The key factor is regular maintenance, especially smoke detector cleaning. I avoid false alarms by vacuuming detectors twice a year, and by installing a small piece of bug repellent tape on the base of the detector



Modern fire alarm sounders can be flush mounted for a neat installation. Note optional fire strobe light that can help alert the hearing impaired.

where it can't be seen. If you think about it, dust looks a lot like smoke, and smoky spider webs can reflect light quite nicely. Like I said before nothing gets you pumped up like a fire alarm going off. Nobody needs false alarms.

Your home on fire is a terrifying and disorienting experience. In a panic situation the more facts you have the better off you are. A fire alarm system gives you the most information of any type of fire protection. Any money invested on a fire alarm could give you the dividend of your life. ●

Surviving the Terror of Captivity

Faith, hope:

Dr. Chester L. Quarles is the Director of Criminal Justice Programs at the University of Mississippi. He has extensive police and security experience and has written 17 articles on terrorism. His book, *Terrorism: Avoidance and Survival*, was released by the Butterworth Heinemann Publishing Company of Stoneham, Massachusetts in October 1991.

— The editors.

By Chester L. Quarles

A Dallas, Texas socialite was abducted by two kidnapers. Afraid of sexual molestation, she did not even ask to go to the bathroom. Kept for nearly 48 hours, she nearly died of toxemia. She had retained too many poisons in her own body and began to reassimilate her own body liquids.

The woman didn't know what to do. She didn't know what not to do. Certainly, she was very frightened. Kidnap victims, skyjacked passengers or terrorist hostages have similar problems, whether they are here at home, or abroad. Americans read new accounts about kidnappings all the time, but usually these accounts are about expatriates living overseas.

But actually, more Americans are kidnapped here in the U.S. The *Sourcebook of Criminal Justice Statistics: 1990* reveals the true dimensions of this problem. Last year alone, some 3,089 victims were abducted in just eight states (Alaska, California, Delaware, Minnesota, Missouri, New York and Pennsylvania). Eight hundred and thirty-four kidnapers were sentenced to the penitentiaries in 36 states and 142 defendants accused of kidnapping charges were convicted in U.S. District Courts.

How can you survive the unknowns of terrorist or criminal captivity? Being a kidnap victim is difficult. There is a terrible strain on the mind and on the emotions. Your captors may kill you — but you want to survive. Guidelines that have helped other hostages walk away from the events are reviewed in this article. Those persons cited as examples were survivors. They were successful victims.

Knowing the four 'ingredients' of an attack will help you avoid being captured...



All survivors obey a few rules. Some survivors do it instinctively. Others do it because they were trained to. The ideal way to comprehend the rules is by training or study before an abduction might occur. Then you can have the tools necessary for survival.

The biggest impediment to survival is you! You can choose to run, or to fight, even in the face of overwhelming force. Or you can allow yourself to be totally incapacitated by your own fear. You can also "take charge" even when threatened. You should begin now to recognize your strengths. You can train

yourself to overcome your weaknesses. You can take responsibility for your own safety.

The thinking you put into a kidnap attempt avoidance plan may serve as a powerful weapon in the future. You can react from a position of strength, rather than weakness. If the show of force is overwhelming you can always change your mind. You can always attempt to escape, but the State Department reports indicate that only one percent of all American hostage victims are successful in completing an escape.

Complacency is the number one enemy in the battle against crime or terrorism. Complacency says, "it won't happen to me." Reality says, "it could happen to me — I had better be prepared." By taking a pro-active approach to risk, you can avoid it entirely. You can circumvent terror and crime. You can avoid becoming a victim.

Whether you are traveling to a country that is dangerous or driving to your own grocery store through a "crime zone" patronized by drug pushers, pimps, and prostitutes, you must obey the rules. Simple responses to threats are appropriate. Lock your car doors. Be observant. Don't let any event distract you from maintaining an avoidance profile. Above all, if you don't have to travel through a high-risk area — don't!

You can do many things to decrease your victimization probability. You can dress down. Avoid wearing expensive clothing, jewelry or accessories. A \$25,000 fully equipped Buick, Olds or Mercury is less conspicuous than a basic BMW or a Mercedes of the same value. Any convertible is vulnerable because it can be entered with a knife-slash.

You should leave any expensive luggage or attache at home when traveling overseas or to high-crime areas. If

you have a title like M.D., Ph.D., Chief Executive, or Chairman of the Board of Directors, you should leave it at home, as well. Who cares? And a high status can move you up to the top of a criminal gang's priority list. Do not attract attention to yourself. Maintain a low profile. Decrease your risk by low-key behavior.

Four-Step Attack — It is relatively easy to recognize that you are about to be attacked. There is a four "act" performance in almost any criminal or terrorist event. These four acts include a surveillance stage, an invitation stage, a confrontation stage, and the attack stage.

If you can sense a stationary surveillance or spot that someone is following you, now is the time to react. Run, hide or obtain assistance immediately. This is the best time to avoid being attacked. As each stage progresses, danger increases for the potential victim.

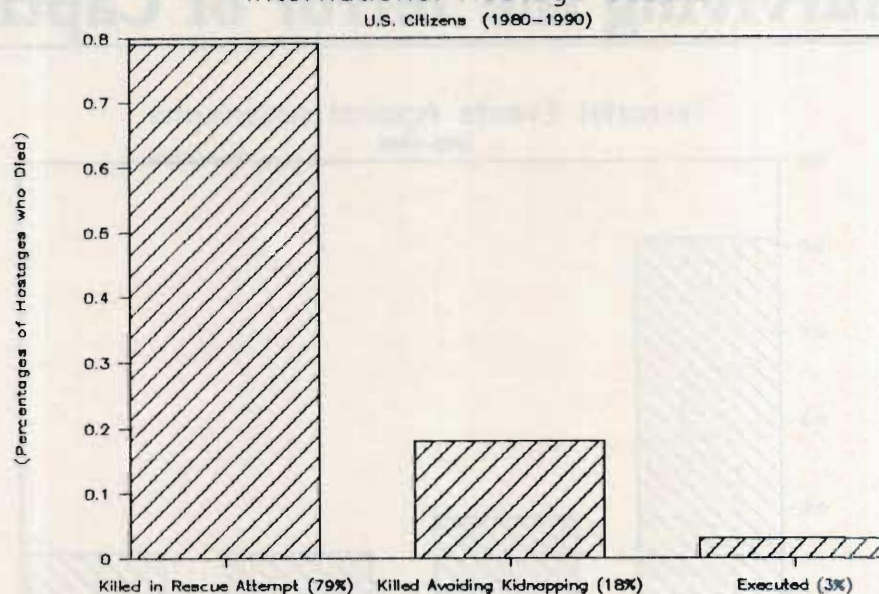
The invitation stage is usually an apparently innocuous event. Someone approaches your car at an intersection. This person pretends to want directions. Perhaps a young and attractive lady is trying to fix a flat on a lonely road. You want to help, but to do so increases your risk. If you are distracted by giving directions or stopping to help the lady, you allow the trap to be set. You can then find yourself in the confrontation stage.

The confrontation stage is more difficult to evade. The potential abductors are getting into your personal space. You are accessible. It is more difficult to evade capture. When guns or knives are present, you may be seriously injured or killed if you attempt to resist.

Sometimes the observation or surveillance stage as well as the invitation, confrontation, and assault occur spontaneously. You may be attacked without warning, preamble, or verbal exchange. The norm, however, is that there is a time separation between the four events. If you were alert, you avoided the incident entirely. If you evaded the surveillance, or avoided the invitation, then there could not be a criminal or terroristic victimization.

The confrontation stage is more dangerous than the first two stages. But if you can see it coming, you can still run out into traffic, jump on top of cars, get into a cab or use some other evasive tactic. Once you have been confronted with weapons, however, the rules change. Now you'll play "Rus-

International Hostage Deaths



sian roulette" with your life, as you accept new risks and prevalent incursive danger.

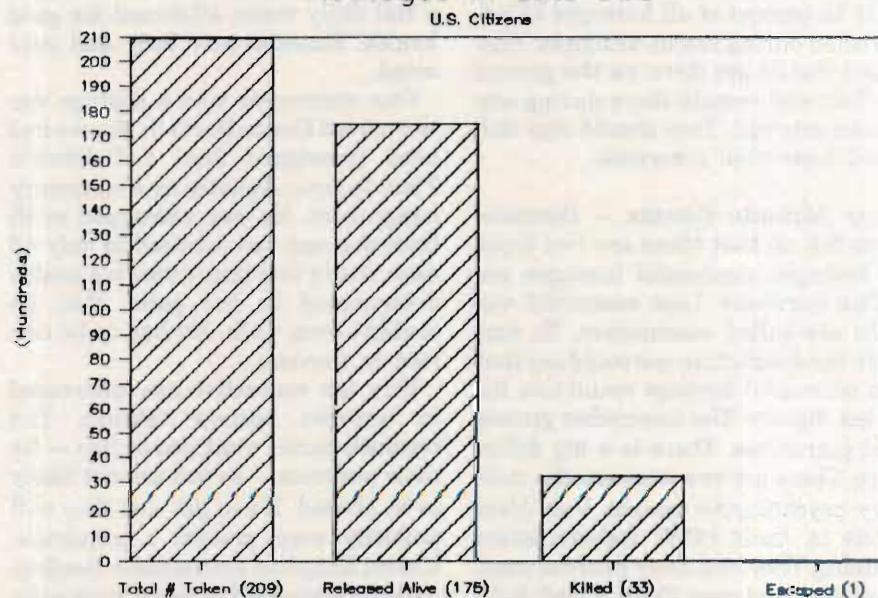
A high percentage of all victims are attacked while in their car. Once the attack is initiated, there may be incredible violence. Many bodyguards and chauffeurs are killed immediately during an assault. The principal is not killed because they want you to live. They are kidnapping you for a good reason. At least insofar as your own life is concerned, you share a co-equal desire for survival. Dead victims do not help the perpetrators get a ransom or any other benefit.

Those who are killed have acted precipitously, abruptly, or have provoked their captors. Any resistance occurring while staring down the bar-

rel of a gun is considered to be provocative behavior. It is absolutely necessary to remain calm and quiet. Don't try to be a hero. "Rampos" don't really live long in the real world — only in fiction.

Resisting may be what you would prefer, but it is incredibly dangerous, especially during the first moments of the event. If you do or say the wrong thing, you'll be dead. Most terrorists are pretty young. Their adrenaline flows ninety to nothing. They want to succeed. To live, you will probably have to help them a little. Cooperation is the key to survival. No resistance, even of a passive nature, is appropriate during the attack stage. Unless you are incredibly well equipped to run away or flee in your car, you shouldn't. Unless

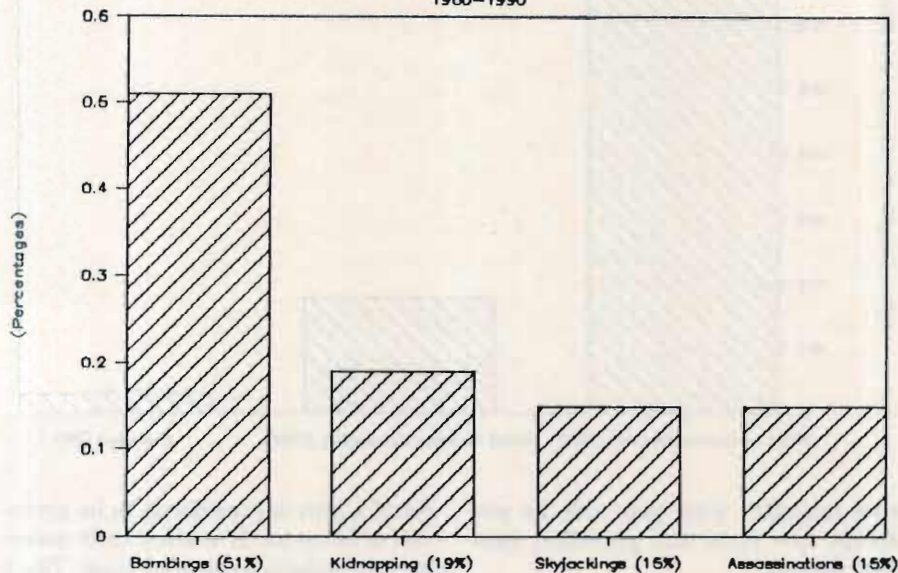
Hostages in Late 80s



Surviving the Terror of Captivity

Terrorist Events Against Americans

1980-1990



you worked out in a martial arts facility recently and have a great deal of skill, you should not fight. You must have the will to kill if you fight your aggressors.

Most of the kidnap victims who are murdered, are killed during the first few seconds of a kidnap takedown. They are killed because they did not know how to act. Perhaps they ran. Maybe they resisted. Experience indicates that if the hostage does not resist at the point of assault, he or she will be more likely to survive.

The second most dangerous time is during a rescue attempt. Brian Jenkins, in *Numbered Lives*, established that 79 percent of all hostages killed, perished during rescue attempts. Hostages should get down on the ground or floor and remain there during any rescue attempt. They should stay still until instructed otherwise.

Your Attitude Counts — Psychologists tell us that there are two types of hostages. Successful hostages are called survivors. Less successful victims are called succumbers. To simplify the description one could say that the successful hostage maintains his or her dignity. The succumber grovels and patronizes. There is a big difference. There are two weapons the military psychologists taught Viet Nam pilots in their P.O.W. indoctrination training. They said every prisoner must have faith and hope. Faith in God, faith

in country, faith in the military; or in an executive's case — faith in corporate or family aid. You must also have an encompassing hope to return to your way of life.

Faith and hope can give you direction. You must cope. You must survive. Your attitude cannot deteriorate into deep forms of depression. Depression can rob you of any interest in food, water, exercise (both mental and physical), or in returning to your family and friends.

Unless you suspect some hidden danger, eat the food you are given. Use the nourishment to maintain your strength in case you have the opportunity to escape. You must also drink a full daily water allotment for good health. Exercise your body and your mind.

One succumber was a hostage victim named Fausto Buchelli. Fausto had been reassigned from a California Plant to Latin America for a temporary assignment. He was kidnapped in El Salvador and was released in only 43 days. But in that time frame his health deteriorated to the point that he couldn't even walk. He had to be carried to freedom.

Very few executives are mistreated in terrorist hostage takings. The revolutionaries want you to live — for their purposes — so you are not likely to be abused. If you get sick they will probably even provide a physician. United Kingdom Ambassador Geoffrey Jackson served in Uruguay during the

1970s. He was held for nearly nine months. When he became ill a physician was called. Dr. Claude Fly, an American Agronomist was likewise treated and released when his health deteriorated.

General James Dozier was chained to a captor who was assigned to kill him if a rescue operation occurred. When the rescue occurred, however, he could not pull the trigger. He explained that when he first captured General Dozier, all he saw was an "American Imperialistic Pig."

But as he got to know the general, he came to respect him. When the Red Brigade member heard the rescue party coming in, he pointed his gun at General Dozier, but could not kill him. He said "I saw a sleeping man — I could not kill a sleeping man." When you form relationships based on respect, you are also involved in a strong survivalist program.

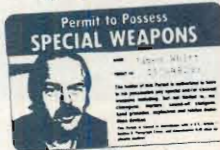
If you think you'll survive, you probably will. I like to use a cancer recovery example to compare with hostage taking. One recent book on cancer indicated that individuals who were diagnosed as being terminally ill usually died if they accepted the diagnosis. Those who decided to live and maintained a healthy lifestyle and a positive mental attitude were remarkably successful. They usually survived.

You can be the same way as a terrorist hostage. Decide that you are going to survive. Decide that you are returning to your family, your job, and your way of life. Then do what it takes to survive. Simply be polite and courteous. Don't grovel or beg. That kind of attitude is never worthy of respect. Don't show your fear or your depression. Use every method Dale Carnegie ever taught — and you will be successful in a prison camp as well as in a business setting.

Maximize your strengths. Control your weaknesses. You can be a "successful" victim. You can be a survivor. You can walk away from captivity as a better person than when you went in. Study the kidnap survival concepts carefully.

You too, can learn to avoid captivity. Even if your terrorism or crime avoidance programs fail, you can still use the "successful victim" strategy. You can live through an abduction. You can survive an extended period of captivity. ●

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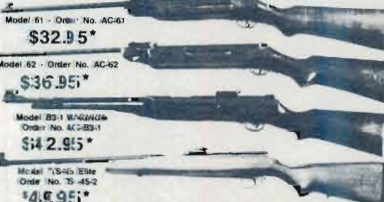
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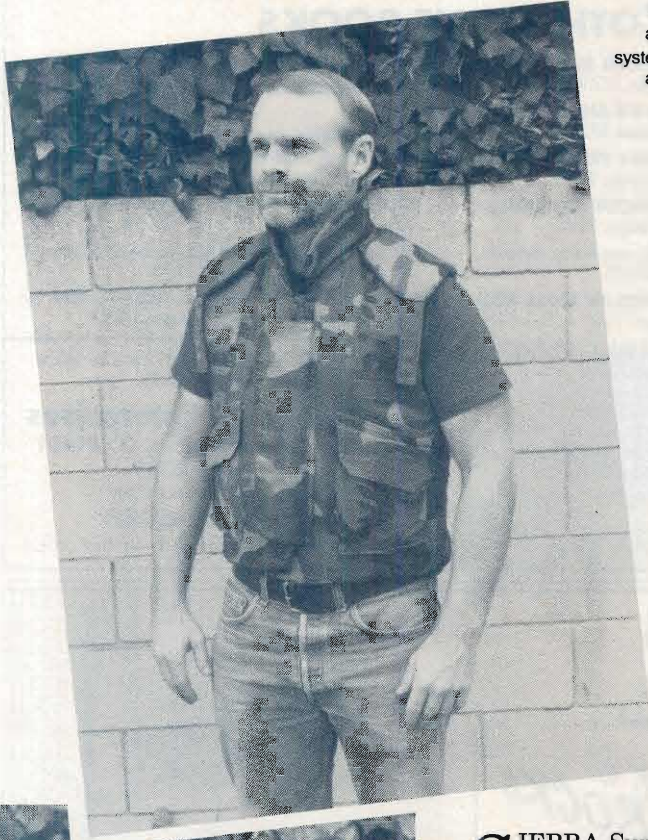
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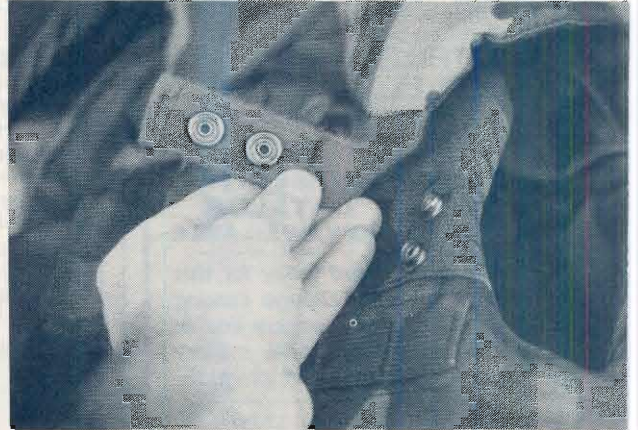
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This medium-size military fragmentation protective vest is made of aramid/kevlar layers.

as well as small caliber weapons fire.

Sierra Supply guarantees satisfaction to the purchasers of these vests, or they will buy the vests back, no hassles or questions. The medium size (37-41) is \$75 and the large size (42+) is \$85. There is a shipping charge of \$6 per vest for the continental U.S. and \$9 per vest for shipping to Alaska or Hawaii. No vests sent to Canada or other countries.

Order from Sierra Supply, Dept. ASG, P.O. Box 1390, Durango, CO 81302; phone (303) 259-1822. ●

SIERRA Supply has a small number of current issue U.S. military fragmentation vests in medium (shown here) and large sizes.

The vests are covered with Cordura nylon in woodland print camouflage. The fragmentation protective vest is made of multi-layers of aramid/kevlar materials. The material is quite stout and resistant to abrasives. There are two lower front bellows pockets with hook and loop closures. These vests at Sierra Supply are used, very good condition, showing very little wear.

Wearing the vest provides protection from fragments from exploding mines, grenades, mortars and artillery projectiles. The vest will not stop small arms fire fired point blank, though it will lessen the severity of wounds from this fire. It will stop small arms fire coming from a ricochet or fired from an angle,

The medium vest is adjustable for chest sizes 37-41 by adjusting size and shoulder straps.



Front of the vest is secured with a hook and loop closure system.



Nutrition & Your Health

(Continued from page 27)

due to nutritional deficiencies, for your body to be unable to produce the digestive enzymes necessary to properly break down protein to utilize certain amino acids.

Additionally, you need the vitamin and mineral co-factors necessary for proper utilization of amino acids, so a deficiency of some vitamins or minerals — even a temporary deficiency — could mean your body is unable to digest and utilize essential amino acids, or at least fully utilize them.

As I said, nutrition is a complicated subject, but more is being learned about it all the time, and as we learn more about how foods affect us, it is becoming easier to eat right and maintain optimum health, as well as to use foods, such as amino acids, in nutritional therapies to fight diseases and physiological disorders.

The Basics — In recent years, medical and health experts have come to agree, generally, on some basic nutritional rules and guidelines for health.

The two major killers of people in the United States today are cardiovascular disease (heart attacks, strokes, etc.) and cancer in its many forms.

While there have been many billions of dollars spent on development of treatments for cancers and heart disease, it is generally accepted now that avoidance, through dietary practices and lifestyle changes, is the most practical way of fighting these diseases. And there are a host of other ailments which can also be helped and even eliminated by good nutrition.

As most of you probably are aware, health authorities have for some time been urging Americans to eat foods high in natural fiber and low in fats. This simple rule could be elaborated on to include a recommendation that we attempt to eat more fresh and raw natural foods — vegetables and fruits, along with whole grains and other whole foods, and substituting low fat animal foods such as poultry and fish for red meats more often.

Variety and moderation are good rules to follow in planning your dietary regimen.

A landmark study on the subject of foods and cancer, *Diet, Nutrition and Cancer*, was published 10 years ago by the Committee on Diet, Nutrition and Cancer of the National Academy of Sciences (see the end of this article for

more information).

Studies on the effects of foods and diets on cancer and avoidance of cancer continue in this country and around the world, but the report issued "interim dietary guidelines" for reducing the risk of cancer.

"It is not now possible, and may never be possible, to specify a diet that would protect everyone against all forms of cancer," the report states. "Nevertheless, the committee believes it is possible on the basis of current evidence to formulate interim dietary guidelines that are both consistent with good nutritional practices and likely to reduce the risk of cancer."

Among these the committee recommends that "consumption of both saturated and unsaturated fats be reduced in the average U.S. diet. An appropriate and practical target is to reduce the intake of fat from its present level (approximately 40 percent) to 30 percent of total calories in the diet," adding that scientific data available "could be used to justify an even greater reduction."

The committee also "emphasizes the importance of including fruits, vegetables and whole grain cereal products in the daily diet. In epidemiological studies, frequent consumption of these foods has been inversely correlated with the incidence of various cancers. Results of laboratory experiments have supported these findings in tests of individual nutritive and nonnutritive constituents of fruits (especially citrus fruits) and vegetables (especially carotene-rich and cruciferous vegetables)."

Carotene is found in carrots and other vegetables and is changed into vitamin A in the body. Cruciferous vegetables are those of the mustard family, and include watercress, turnips, cabbage, brussels sprouts, radishes and horseradish.

Select the freshest possible fruits, vegetables and other natural foods rich in color and firm in texture. If you grow your own foods, pick them when they are ripe for maximum nutrient content. You want whole foods with as little processing as possible.

How you prepare these foods is almost as important as eating them. If you boil brussels sprouts in extremely hot water using high heat until all the color has faded from them, you won't get nearly the nutrient content you would

if you boiled lightly on low heat and served them while they are still deep green in color. And don't forget that nutrient-rich water you used to cook them in. It should be drunk, not thrown out. In general, use the least heat possible in cooking and preparing these foods.

Fresh, ripe and, when possible, organically grown fruits, vegetables, grains, legumes, fungi (mushrooms), etc., free of pesticides, herbicides and other chemicals, will tend to be the most nutritious. Fresh frozen foods, if cooked to retain maximum nutrients and eaten immediately after thawing, are also fairly nutrient rich. Dried (dehydrated) and canned foods offer somewhat less nutrition but can still be valuable.

Similar thinking should apply to the animal foods you eat. The best of all possible worlds is raising and preparing yourself the foods you eat. But for many of us in today's modern urban



The latest edition of *Recommended Dietary Allowances* and *Diet, Nutrition and Cancer* are two excellent sources for those starting out in the study of nutrition.

centers, this is simply not feasible.

Supplements — What about food supplements? Can you get your daily recommended allowances for different nutrients by popping a few pills and capsules instead of going to all the trouble to obtain, prepare and eat all those foods? The key consideration here is biological availability. In other words, is it better to pop a pill containing 500 milligrams of vitamin C or to eat a fresh orange?

The consensus among the experts is that in general you are better off obtaining your nutrition from whole, high quality foods rather than pills and capsules and powders or other forms in which supplements come.

On the other hand, supplements in their various forms are commonly available in an almost mind boggling

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Nutrition & Your Health

(Continued from page 63)

array in grocery stores, pharmacies and health food stores. Millions of Americans take supplements every day. The staggering amount of different brands and types of food supplements available on the market constitutes a multi-billion dollar industry. We have come a long way since the early days poorly and cheaply made supplements — though you will still find these available. You can select from a vast array of types and levels of quality at varying prices. Doctors also routinely prescribe therapeutic doses of food supplements to help people suffering from many types of illnesses.

It's important to keep in mind that these substances should be regarded as just what they are: food *supplements*, not food *substitutes*.

Many supplements are supplied in doses considerably higher than the RDAs of those nutrients. Be especially careful that you don't take too much of these supplements. The *New England Journal of Medicine* reported a few years ago about some athletes who suffered permanent nerve damage and other ill effects by taking thousands of times the recommended daily allowance of vitamin B-6 for extended periods of time.

With these substances, just as with whole foods, you want to look for the highest quality.

There are many excellent foods which have long been taken by Americans which today we regard as food supplements, such as blackstrap molasses and brewer's yeast.

As someone who for many years now has taken food supplements almost daily, I believe whole heartedly in their use, but they should be approached with common sense and with care. I have poisoned myself (for the most part mildly) many times with food supplements. I have at various times taken too much vitamins A, B complex, C and other nutrient supplements with varying affects. Some people can take enormous amounts of vitamin C with no ill effects. I am very sensitive to it and develop small ulcers on the tip of my tongue and inside of my mouth when I get too much. Discontinuing the sources of vitamin C for a while clears the condition up right away.

I once gave myself a yeast infection which required a visit to my doctor to correct — he directed me to eliminate all yeast products from my diet and

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to begin taking acidophilus (concentrated yogurt bacteria) to counter the effects of the yeast. Acidophilus is an excellent food supplement itself, commonly available, and I have taken that as a supplement almost daily since then, overdosing on it occasionally as well (my lips become severely chapped and will crack and bleed if I get too much acidophilus).

If you don't already take supplements, be careful about what you select and take. It's probably best to first consult with a nutritionist, your doctor or other qualified health professional before embarking on any major dietary regimen involving supplements.

Learning More About Nutrition — For those who want to know more about nutrition, where do they look for information? Your local library is not a bad place to start, but for the latest material available, check out the nutrition or health sections of well stocked book stores and health food stores. There are many new books being produced every year on the subjects of health and nutrition, so keep an eye open for those that interest you.

Probably two of the most basic and interesting works on the subjects covered in this article are the 10th Edition of the *Recommended Dietary Allowances* and the study referred to above, *Diet, Nutrition and Cancer*. The *Recommended Dietary Allowances* contain the latest scientific recommendations for most vitamins, minerals, trace elements and other nutrients. It contains a lot of technical jargon, but a careful reading of it will provide a lot of information on which to base your dietary choices. There are also helpful charts and graphs summarizing these recommendations for all the nutrients listed, and a good index of subject matter. *Diet, Nutrition and Cancer* is a large text crammed with lots of fascinating information, with specific and general recommendations, based on solid scientific research, for dietary and lifestyle choices which could save your life.

Recommended Dietary Allowances, 10th Edition, is available for about \$20 and *Diet, Nutrition and Cancer* is available for about \$30 from the National Academy Press, 2101 Constitution Ave., NW, Washington, D.C. 20418; or call toll free 1-800-624-6242. ●

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MBK-9HPC Pistol

(Continued from page 24)

Sights are a fixed front blade and rear U-notch drift adjustable for windage.



Field stripping and reassembly take only seconds and require no tools.

for standard handgun ranges when sights are used. The magazine release button is in the standard American position on the left side of the gun just to the rear of the trigger guard. There is no magazine safety on this pistol and it will still fire if the magazine is removed and a round is chambered.

Disassembly for routine cleaning and maintenance is accomplished in much the same manner as many other handguns of this type and takes only seconds, requiring no tools, as does reassembly. With the magazine removed and chamber empty, the slide is drawn to the rear to the point where the slide release lever is engaged. With a slight additional pull to the rear, the slide release lever is pushed out the left side of the gun from the right side with the index finger. The slide is then pushed forward and off its rails on the receiver and removed from the gun for removal

of the barrel and its related parts.

We test fired the MBK-9HPC with five types of 9 mm ammunition, including hollow points, all of which were fired without a hitch. In fact we experienced no malfunctions of any kind with this gun during the entire test firing session.

We obtained the following mean velocities, about four feet from the muzzle, for the different types of ammunition: Remington 115-grain jacketed hollow points — 1,183 fps; AB 115-grain full metal jacket — 1,208 fps; AB 147-grain sub sonic jacketed hollow points — 1,016 fps; American Eagle 115-grain full metal jacket — 1,130; Fiocchi Combat 123-grain truncated cone full metal jacket — 1,188 fps. We used our Oehler Model 35P Proof Chronograph for velocity testing. In firing from a standing position without a rest with one- and two-hand holds at targets from about 15 yards out to about 25 yards, with slow aimed and fast aimed fire, we had very good accuracy results. Our best group at 15 yards was with the Remington

JHP ammunition (about 3¼ inches, discounting flyers).

Overall, our impressions were that with this gun, while not providing the extremely good accuracy out of the box which you find as a rule with top-of-the-line handguns like SIG or Glock, accuracy is as good or better than many of the most popular European and American semiautomatic 9 mm handguns on the market today. Of course these are impressions based on our limited experience with this fine pistol. As always, more time and practice would inevitably lead to even better accuracy.

The MBK-9HPC is a real performer — accurate, compact, reliable and well made. Recoil is about what you would expect with an all-steel pistol and varies with different loads but is quite manageable. The finish and detailing on this gun are very good. With a suggested retail price of about \$400, we find the MBK-9HPC to be well worth the money. The winner of this gun should be quite satisfied with it. ●

MBK-9HC: Tech Specs

Caliber.....	9 mm Parabellum
Action/operation	semiauto/recoil
Magazine capacity	14 rounds
Lengths:	
Overall	7.5 inches
Barrel	4 inches
Sight radius	6 inches
Height with magazine	5.5 inches
Width	1 3/8 inches
Weight with empty magazine.....	35 ounces
Finish	blue
Construction	all steel; walnut grips
Price, suggested retail	\$399
Manufacturer.....	FEG, Hungary
Importer	K.B.I., Inc.
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Anti-Gun-Ownership

A comparison of Nazi propaganda techniques and those used by the powerful anti-firearms-ownership movement in America and disseminated by our national media...

Propaganda



By Don Boal

The author is president of the Keystone Second Amendment Assn., a pro-firearms-ownership organization based in Pennsylvania (P.O. Box 361, Curwensville, PA 16833) — The editors.

In his book *Mein Kampf*, Adolf Hitler laid out his strategy for controlling the masses with propaganda. The same propaganda techniques are being used here in America to disarm the citizenry.

YOU have heard that the anti-gun movement is duplicating the tactics that Hitler used to disarm Ger-

many prior to World War II, but is this true?

Handgun Control, Inc., (HCI) is waging a major propaganda war against the United States, with the help of the socialist media elite, and some powerful politicians. Their lies were once totally disregarded by most people, but today, the majority of the people seem to believe the anti-gunners. Why is this?

In 1925 Adolf Hitler wrote *Mein Kampf*, and gave the world an opportunity to see into his mind. Hitler wrote about the Nazi movement from its infancy, and gave us insights as to his intentions. In 1939, *Mein Kampf* was translated into English and distributed in America. But few people took the time to read *Mein Kampf*. After all, the predictions being made about Hitler's intentions were crazy, and few people could comprehend them, much less believe them.

Today we must deal with people, even fellow gun owners, who do not believe that the present gun control attempts are leading to total gun confiscation and a police state. They, like the "unbelievers" in 1939, will not take the time to research this movement. If they did, they would see that these warnings are indeed accurate and timely.

Mein Kampf contains two chapters on propaganda (War Propaganda, and Propaganda and Organization), and Hitler laid out an extensive propaganda plan in his book, a plan that would change the history of the world. From reading these two chapters, we can learn that Hitler was an expert on psychology, psychological warfare, and brainwashing. Hitler probably knew more about the human mind and behavior — and how to control both — than almost anyone else of his time.

I do not think that we need to argue his knowledge or success in this area. History quite clearly shows us the powerful effect that Hitler had on people and what he motivated them to do.

And today, in America, Hitler's tech-

niques are being used again, to destroy the United States and personal liberties.

The anti-gun movement's main propaganda themes seem to be that (1) guns and gun owners are the root of all evil, and (2) that they (the socialist anti-gunners) are our only hope against the spreading plague of crime. In *Mein Kampf*, Hitler's main propaganda themes seem to be that (1) Jews and Jewry are the root of all evil, and (2) that Hitler was Germany's best hope against the spreading communist revolution.

To understand the movements, we must understand what propaganda is. Simply put, propaganda can be outright lies, distorted facts, and/or truth, combined to change a person's thoughts on a subject.

According to Hitler, "The task of propaganda lies not in a scientific training of the individual, but rather in directing the masses towards certain facts, events, necessities, etc., the purpose being to move their importance into the masses' field of vision" (page 231).

We can see this in HCI's propaganda, as they also stick to a few main points and repeat them over and over. How many times do they draw out attention to the Hinkley shooting, the Purdy shooting, or the AK47 rifle? Rather than use many different crimes as examples in their propaganda, they concentrate on a handful of well known crimes.

Hitler believed that propaganda had to be very simple, so the average person, with a very short attention span, could understand it. He stayed away from complicated ideas and stuck to a few basic and easy to understand ideas.

Hitler said, "The more modest then, its scientific ballast is, and the more it exclusively considers the feelings of the masses, the more striking will be its success... This is just the art of propaganda that it, understanding the great masses' world of ideas and feelings, finds, by a correct psychological form, the way to the attention, and further to the heart, of the great masses" (page 232-233).

Basically, Hitler says, **KEEP IT SIMPLE!**

He goes on to say, "The great mass of people is not composed of diplomats or even teachers of political law, nor even or purely reasonable individuals who are able to pass judgement, but of human beings who are as undecided as they are inclined towards doubts and

uncertainty" (page 236-7).

This is quite true, as very few people have taken the time to learn how the political system and legislative process works, not to mention the U.S. Constitution, and what it means. These people are "ripe for the harvest" of a propaganda expert.

Hitler also said, "The people, in an overwhelming majority, are so feminine in their nature and attitude that their activities and thoughts are motivated less by sober consideration than by feeling and sentiment" (page 237).

Look again at the gun control battle. Are people taking the time to study the issue individually before making a decision? No, rather they see images on TV of dead bodies, body bags, pools of blood, and a gun lying next to a corpse. They see victims in pain and they see next of kin crying over lost loved ones. They allow their emotions to take over, and base their opinions on these emotions, rather than "sober consideration." Television has become the most effective brainwashing tool to turn gun control into an emotional issue. We are all human, and none of us enjoys seeing weeping relatives or crime victims lying in the street. Those among us who are strong see these images and decide to prepare to resist an attack to ourselves and our families. Those among us who are weak, succumb to the brainwashing techniques and think that guns are evil.

Why is HCI, a relatively small organization (in comparison to the large number of citizens who own firearms), so successful in their repeated attacks against us?

Hitler answers this: "When propaganda has filled a whole people with an idea, the organization, with the help of a handful of people, can draw the consequences. Propaganda and organization — that means followers and members — have thus a definite mutual relationship. The better propaganda has been working, the smaller may be the organization, and the greater the number of members and vice versa: the worse propaganda is, the greater must and will be the organization and the smaller the host of followers of a movement remains, the greater must be the number of members, if it still wants to count on success at all" (page 851).

Chipping Away — From Hitler's words, and HCI's example, we can see that they will continue to chip away at our firearms freedoms. As long as the vast majority of gun owners and freedom loving Americans remain sit-

ting on the sidelines, we can expect things to get even worse. It is insane to think that HCI will back down, or be satisfied with only the Brady Bill, they have only just begun their attack, and we have much more to come.

We can consider the leaders of the anti-gun movement (and their media elitist friends) to be experts in the art of propaganda. They most definitely know what they are doing, and they are very successful.

Hitler said, "... for this (propaganda) is also only a weapon, though a frightful one, in the hands of an expert" (page 230).

Frightful indeed! We can see the propaganda masters taking our freedom and our fellow citizens (the "masses") are practically begging



Nazi propaganda poster showing Jews fleeing before the tide of National Socialism. Hitler said, "The task of propaganda lies... in directing the masses towards certain... events, necessities, etc., the purpose being to move their importance into the masses' field of vision."

them to do it.

HCI is known for sticking to a handful of basic lies or statements, which they repeat constantly. The result is that the average person (Hitler calls them "the masses," while Lenin called them "useful idiots") has these ideas hammered into him/her, until eventually they agree with HCI, and are won over to HCI's side.

According to Hitler, "Now the purpose of propaganda is not continually

Anti-Gun-Ownership Propaganda

to produce interesting changes for a few blase little masters, but to convince; that means, to convince the masses. The masses, however, with their inertia, always need a certain time before they are ready even to notice a thing, and they will lend their memories only to the thousandfold repetition of the most simple ideas" (page 239).

Do you not see HCI using the same lies thousands of times, per Hitler's instructions? We are referred to as "the lunatic fringe," "gun nuts," and "bullies." The scary sounding terms they

that they stick to their main theme, as this is absolutely critical to the success of their movement.

Hitler said, "All advertising, whether it lies in the field of business or of politics, will carry success by continuity and regular uniformity of application" (page 240).

Hitler goes on to say, "The great masses' receptive ability is only very limited, their understanding small, but their forgetfulness is great. As a consequence of these facts, all effective propaganda has to limit itself only to a very few points and to use slogans until even the last man is able to imagine what is intended by such a word. As soon as one sacrifices this basic principle and tries to become versatile, the effect will fritter away, as the masses are neither able to digest the material offered nor to retain it. Thus the result is weakened and finally eliminated" (page 234).

This is true, as most people rely solely on the mass media for their news, and never take the time to see if the news reports are actually true. We tend to have very short memories as well. Can you remember what you were doing nine days ago, what the lead story was on the news three days ago, or just one or two campaign promises that George Bush has *not* broken?

In the beginning of the anti-gun movement, most people did not believe the anti-gun lies. They knew that all the scheming and dreaming would not eliminate crime, but rather that it would strip them of their liberties. By utilizing effective propaganda techniques, HCI has managed to change quite a few minds. This is especially evident when we look at the Brady Bill votes in the U.S. House of Representatives. A few years ago, when the House voted on the Brady Bill, it was defeated by 24 votes. This time it won by 53 votes. Why the drastic change? Simple, by not giving up on their never ending propaganda campaign, they brainwashed more people into joining their side, including many who used to be pro-gun (at least seven of those "Representatives" that voted anti-gun had received NRA PAC money for their prior support).

Hitler said, "Here, too, the enemy's war propaganda (he is referring to World War I) set a typical example. It was limited to a few points of view, cal-

culated exclusively for the masses, and it was carried out with untiring persistency. Basic ideas and forms of execution which had once been recognized as being right were employed throughout the entire war, and never did one make even the slightest change. At the beginning it was apparently crazy in the impudence of its assertions, later it became disagreeable, and finally it was believed" (page 240).

Spreading The Idea — Hitler goes on to say, "In every great revolutionary movement propaganda will first have to spread the idea of the movement. That means, it will untiringly try to make clear to the others the new train of thought, to draw them over to its own ground, or at least to make them doubtful of their own previous conviction" (page 852).

HCI has managed to change society's view of gun ownership. Guns used to be considered normal, healthy and in many instances, necessary. Today, more and more people believe that guns are evil, and somehow responsible for crime. This change of thought did not just "happen," it was brought about by clever propaganda use.

Make no mistake about it, HCI and the gun grabbing elitists want nothing short of taking all of our guns. The Brady Bill is just their first step. Sound crazy? Sure, and that is why it is working! But don't take my word for it, let's see what the anti-gunners have said about their devious plan, in their own words:

"This is the first step" — U.S. Representative Edward Feighan, referring to the Brady Bill (which he introduced) at recent House hearings.

"We're going to have to take one step at a time, and the first step is necessarily — given the political realities — going to be very modest... So we'll have to start working again to strengthen that law, and then again to strengthen the next law, and maybe again and again. Right now though, we'd be satisfied not with half a loaf but with a slice. Our ultimate goal — total control of handguns in the United States — is going to take time... The first problem is to slow down the increasing number of handguns being produced and sold in this country. The second problem is to get handguns registered. And the final problem is to make the possession of all hand-



A World War II Nazi propaganda poster. Hitler said, "The people, in an overwhelming majority... are motivated less by sober consideration than by feeling and sentiment."

use repeatedly, such as "assault weapon," "cop killer bullet," or "Saturday Night Special" are also hammered into our heads as a brainwashing tool. Add to this the slogans "Has the NRA gone off the deep end?" "How many more have to die?" "If we can save just one life..." "We're working to keep guns out of the wrong hands" etc., and you have a very effective propaganda campaign in use. We are merely hearing slight variations of the main propaganda theme, that guns and gun owners are the root of all evil. They make sure



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guns and all handgun ammunition — except for the military, policemen, licensed security guards, licensed sporting clubs, and licensed gun collectors — totally illegal” — Pete Shields, Chairman Emeritus, Handgun Control, Inc. (interview appearing in *The New Yorker*, July 26, 1976)

“This is not all we will have in future Congresses, but this is a crack in the door. There are too many handguns in the hands of citizens. The right to keep and bear arms has nothing to do with the Brady Bill” — U.S. Rep. Craig Washington, at the mark-up hearing on the Brady Bill, April 10, 1991.

“Handguns should be outlawed. Our organization will probably take this stand in time but we are not anxious to rouse the opposition before we get the other legislation passed” — Elliot Corbett, Secretary, National Council For A Responsible Firearms Policy (interview appeared in the *Washington Evening Star* on September 19, 1969).

“It is our aim to ban the manufacture and sale of handguns to private individuals... the coalition’s emphasis is to keep handguns out of private possession — where they do the most harm” — Recruiting flyer currently distributed by The Coalition To Stop Gun Violence, formerly called The National Coalition To Ban Handguns.

“Yes, I’m for an outright ban (on handguns)” — Pete Shields, Chairman emeritus, Handgun Control, Inc., during a *60 Minutes* interview.

“We are at the point in time and terror where nothing short of a strong uniform policy of domestic disarmament will alleviate the danger which is crystal clear and perilously present. Let us take the guns away from the people. Exemptions should be limited to the military, the police, and those licensed for good and sufficient reasons. And I would look forward to the day when it would not be necessary for the policeman to carry a sidearm” — Patrick V. Murphy, former New York City Police Commissioner, and now a member of Handgun Control’s National Committee, during testimony to the National Association of Citizens Crime Commissions.

“My experience as a street cop suggests that most merchants should not have guns. But I feel even stronger about the average person having them... most homeowners... simply have

no need to own guns” — Joseph McNamara HCI Spokesman, and former Chief of Police of San Jose, California.

“I don’t want to go for confiscation, but that is where we are going” — Daryl Gates, Police Chief of Los Angeles, California.

“There may be other things that will happen later... It may not be the end... the bottom line is what we are seeking now is the Brady Bill” — U.S. Rep. Charles Schumer, interviewed on *CNN Crossfire*.

“The Brady Bill is the minimum step Congress should take... we need much stricter gun control, and eventually should bar the ownership of handguns, except in a few cases” — U.S. Rep. William Clay, quoted in the *St. Louis Post Dispatch* on May 6, 1991.

“It’s only a first step, it’s not going to be enough... we’ve got to go beyond that, and I hope we’ll do it this session of Congress” — U.S. Rep. Edward Feighan during an interview on *ABC News Nightline*.

These people are quite clear as to their true intentions, that is, to totally disarm the American citizenry. Make no mistake about it, they are winning, and we are losing.

If you are not already involved in fighting to preserve our right to possess firearms, I strongly urge you to get involved. Join one or more of the national pro-gun organizations. But do not stop there. If you expect to win this war, you must be willing to stand up and get involved. The national pro-gun groups simply are unable to hold the tide anymore. We must supplement their work with grass roots work at the local level.

Join a local pro-gun grass roots group, and if there aren’t any in your area, start one of your own. Meet with politicians when they are in your area. Write letters, make phone calls, and vote. Organize people and educate the “masses.”

While we may have truth on our side, the people are not listening to the truth. They believe the lies and will not take the time to find out that they are indeed lies. This will only get worse. We do not have the odds in our favor, as the anti-gun forces are well entrenched and powerfully armed. But we must resist or we will most certainly lose. Make no doubt about that. Get involved immediately!! ●

Operation Challenger

Live Free, International has set the date for its 1992 "Operation Challenger" survival training event for the weekend of April 25th and 26th. The location will be Tippicanoe River State Park in north central Indiana. This annual event is a survival and self-sufficiency seminar for the whole family. Participants are provided with cabins and bunks. Classes are a combination of indoor demonstrations and outdoor hands-on programs. Fees are \$10 per person or \$20 per family (add \$5 for non-Live Free members). While you can't learn all you need to know for survival in today's dangerous world in one weekend, you can get a good start. This year's programs will teach: emergency medical skills beyond first aid; how to survive a nuclear or chemical related disaster; how to defend your home in times of unrest; and a number of outdoor camping and survival skills. Participants will have the opportunity to take part in a realistic emergency drill combining many of the skills demonstrated in the program. Those who currently teach survival subjects or plan on doing so will have the opportunity to take the first steps toward becoming a Live Free Certified Survival Instructor. Space is limited and early registration is recommended. For information write to: Challenger, c/o Live Free, Box 1743, Harvey, IL 60426.

Live Free International

Dog Attacks

Regarding your article in the December 1991 issue titled, "Defense Against dogs," it was a bit biased. The way the author puts it, dog attacks happen every day and the only dogs that attack are Pit Bulls, German Shepherds and Dobermans. I disagree. I have raised Dobermans all my life. Our community is full of the species, full blooded and registered. There's practically one on every block. In all the years of Doberman raising I have not had one mean one, nor has anyone else in the neighborhood. The only way to have a mean Doberman is make it mean. Any dog that is picked on is likely to become vicious. So will be a dog that is fenced in or chained to a small area. they become protective of their tiny bit of land that city dwellers allow them to roam. A dog put in this position will become violent no matter if Poodle or Pit Bull. The problem stems not from the dog but from the way the dog is handled.

MAIL CALL

Sam Smock
Williamsburg, Kansas

We didn't think the author implied that "the only dogs that attack are Pit Bulls, German Shepherds and Dobermans." But we agree that how a dog is raised and handled by its owner makes a big difference in how it will behave. Thanks for your comments.

Mountain Bikes

I was reading through your June 1991 issue when I came across an article called "Mountain Bikes." In this article the author, Mark A. Laughlin, described what was supposedly good and bad about mountain bikes. He continuously put down the cheaper models of mountain bikes and only showed the pros of the upgraded more expensive models. I was a little distressed at this because I happen to own one of those pieces of "unridable junk" and I've owned it for about 2½ years. It is a Magna Mountain Tamer 18 speed which I paid about \$160 for and I have had nothing but fun with that bike. I don't know where he gets off putting down cheaper bikes but that will make all the kids who do get the cheaper models and all of the adults who can't afford the more expensive models feel real good. Thanks a lot bud!

John Winder
Colchester, Connecticut

We understand your feelings about the article. We were concerned about the author's strong opinions on mountain bikes, but the decision was made to leave his comments in. As always with any article in this magazine, the opinions expressed by the author do not necessarily reflect those of the editorial staff.

The Ten Essentials

A few years ago I was lost in the Los Padres National Forest in California. A thick fog rolled in along with a light rain while I was hunting, so I couldn't find my way back to the road. Fortunately, I carried a fanny pack containing emergency items, including matches and a space blanket. I was found by rescuers the following day. I read with particular interest the article "The Ten Essentials" appearing in

your January 1992 issue by Scott Stoddard. It's been my observation that many people leave their packs in their cars when they think they're going out for a "short" walk. While I take my pack along on hunts, I now always carry in my pocket: compass, matches, knife, space blanket, flashlight, wire saw and whistle stored in a small sealable plastic bag. I keep these items with me just in case I decide to take a "short" walk out in the field.

David Scholtz
Rialto, California

Paintball

I have been a reader of *American Survival Guide* since 1983. I am a weapons and tactics instructor, and a seven-year veteran of Marine Recon. I have always found your magazine interesting and informative. However, recently I have noticed that the game of paintball has been receiving coverage in your publication. I do not feel that paintball is pertinent to the subject of survival. Furthermore, I feel that coverage of this subject in the future, will cause your publication to lose credibility among the professionals who read it. This is a view shared by all of my associates. I have run across many paintball "warriors" in my time, and I usually find them to be suffering from the arm chair commando syndrome. Paintball is a game. To think that it can replace real training with a real firearm is ludicrous.

Max F. Joseph
Training Director
Tactical Firearms Training Team
Huntington Beach, California

We sympathize with your concern that ASG may be turning into a paintball-oriented publication. Rest assured that it most definitely is not. Regardless of your views on the subject, it is a fact that military and law enforcement personnel are training in simulated combat with paintball equipment, and we do believe that there can be some benefit, from a survival standpoint, to training with paintball guns. We also don't believe that it has ever been stated in any of the articles we've run on the subject that paintball training could replace training with real firearms. ●

Packet Radio

Digital Communications:

How to get your computer to talk via the amateur radio air waves...

By Scott Stoddard, KC6RMQ

IF you own a radio scanner, try listening to the following frequencies: 145.01, 145.03, 145.05, 145.07 and 145.09 MHz. At first you might not hear a thing, but after a while you may hear something that sounds like a burst of electronic noise, "BBBB-bbbrrrraaaapppp." Some describe the sound as cricket or bird "chirps", but if you own a computer and a modem, there's no mistaking the sound of high-speed tone modulation.

Packet radio is a fairly new way for

The "packet" in packet radio comes from the method of transmitting your information over the air. Data is broken up into blocks or "packets" that are transmitted in one to two second bursts. In addition to the main message body, each packet contains the sending and the receiving station call signs and some optional routing information. A packet can contain from 0 to 256 data bytes.

The digital transmission method in packet radio provides for error free transfers of data. If the data transmitted does not match 100 percent the

of electronic equipment called a TNC (terminal node controller). The TNC acts like the modem you use for telephone communications. It converts the data from the computer into tones for transmission, and changes the tones it receives from the radio into data for the computer.

TNCs can cost as little as \$100. More advanced models are called "Multimode Data Controllers" and have the ability to translate Morse code, Baudot, ASCII, AMTOR, radio teletype (RTTY), and weather FAX satellite images, besides handling packet transmissions. Multimodes run about \$300 in price.

Other than a TNC and your ham radio you'll need a few cords and cables to connect everything together. A visit to your local Radio Shack should do the trick. Another important item! To operate on the two meter band you need a Technician class amateur radio license. If you don't have one yet, it's about time you did. It's been over a year since the Morse code requirement was dropped, so there are no more excuses. See "No-Code Technician License" in the June 1991 issue of *ASG*.

Packet radio communication is unique because it can work two ways. You can communicate "live" keyboard to keyboard, or you can use electronic mailboxes and bulletin board systems to leave messages. With keyboard to keyboard operation, both parties have their gear plugged in and turned on. Using almost any type of communications software will do.

In the terminal mode you simply type "C" for connect, then hit the space bar, and then type the call sign of the person you want to talk to. On the screen it would look like this: "C KD6ABC". After you hit the carriage return (CR) key the computer sends the info to the TNC which packetizes it and triggers the radio to transmit. If your friend is ready and waiting you'll see a message appear, "****CONNECTED TO KD6ABC." You're now in the converse mode. Anything you type on the keyboard will be trans-



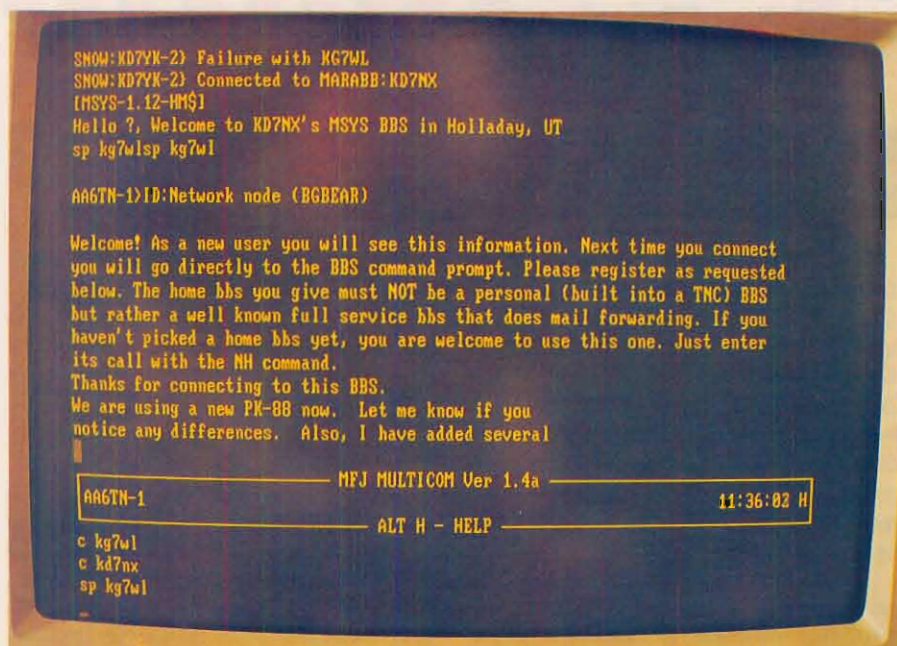
The personal computer is the heart of a packet radio station.

computers to talk to other computers. If you own a computer and a modem you probably already know how to hook up to data bases, electronic bulletin boards (see *ASG* Dec. 1991, page 32), network services or fax systems through the telephone lines. Imagine being able to communicate in a similar fashion but without having to pay AT&T or Ma Bell! By using radio waves you can bypass the phone lines altogether. After your initial investment in equipment, you only need pay for the electricity to run your computer and radio gear.

data received, the packet will be automatically re-transmitted (up to a specified limit) until it is received correctly. However, your message is only as accurate as your fingers type it into the computer. There's a well-known saying, "garbage in — garbage out."

What kind of equipment do you need to operate in packet radio? If you own a personal computer, you already own the most expensive part of an amateur packet radio station. Besides a computer, you'll need a two-meter FM ham radio transceiver (about \$200 for a handheld unit) and a black box piece

Packet Radio



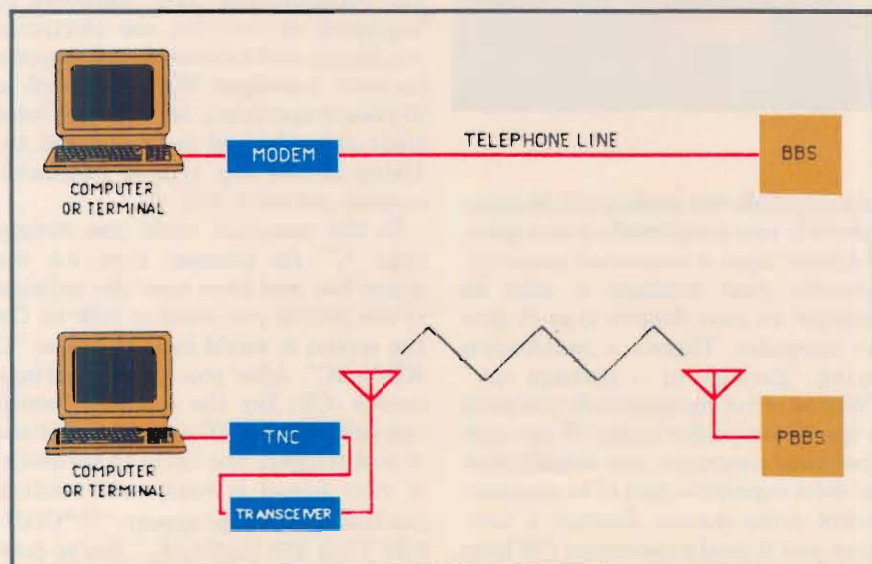
Packet bulletin board systems provide the same types of services offered by "landline" BBSs.

mitted over the air as a packet every time you hit the CR key.

Although packet mostly uses simplex frequencies (simplex meaning you transmit and receive on the same frequency at separate times), packet communication actually works like full duplex. Duplex means you can both speak and hear at the same time. Telephone communications are duplex. In packet, since the transmission bursts are so short, you can be typing at the same time you're receiving a message on the screen. Before you have typed in the answer to your friend's last ques-

tion, he may already be sending a new message which could appear instantly on your screen.

Because FM transmissions on the two-meter band are line-of-sight, it's impossible to transmit signals through mountains. They don't bounce off the sky very well either like the HF frequencies do. Repeater stations located on the tops of mountains or atop high buildings solve this problem. Repeaters collect low power transmissions (usually two to five watts) and rebroadcast them at much higher power for greater coverage. Packet takes advantage of this technology with the use of digital repeaters or "digipeaters."



The difference between a telephone-line BBS and a packet radio BBS.

Network Nodes — With the use of digipeaters, packet radio messages can be relayed from your home base to a distant station, using up to eight digipeaters in the process. Each digipeater must be entered in the proper sequence for the route to work. Because of traffic delays, noise, and marginal connections, it is recommended to use only up to three digipeaters if you plan to transmit or receive data.

A network has been devised to help facilitate traffic and the routing of packet messages. NET/ROM, TheNet, and KA-Node are names of firmware (software) used to create this network. The network is comprised of "nodes" which are special digipeaters that handle error checking more efficiently. To use the network, study the incoming messages on your screen for stations using an alias ID. If you see keyboard to keyboard communication and instead of the callsign designator you see an alias, you probably have found the name of the local node. Mine is identified as "BGBEAR" and is located on an 8,000 foot mountain near the town of Big Bear, California. A local ham radio store or ham radio club should be able to help if you can't discover your local node.

To connect to the node use the connect command "C" followed by a blank space and then the callsign or alias of the node. In my area you can only get it to connect if you use the callsign. Once connected, type "nodes." This will provide you a list of other nodes that you can contact from your local node.

The following is a real example of long distant packet keyboard-to-keyboard communication using nodes. Every Sunday morning I turn my computer on at 7:00 A.M. After loading up the software I turn on my Icom two-meter handheld radio and a MFJ multi-mode data controller. Then I point a four element yagi antenna northeast towards a mountain fifty miles away. With this antenna connected to my little handheld, I can beam packets to my local node "BGBEAR" with only five watts of power.

When everything is ready I type "C AA6TN-1" and within seconds a message appears, "****Connected to AA6TN-1" (BGBEAR). After connecting to my local node I connect to the next one located in Las Vegas, Nevada, some 160 miles from Big Bear. In only a few

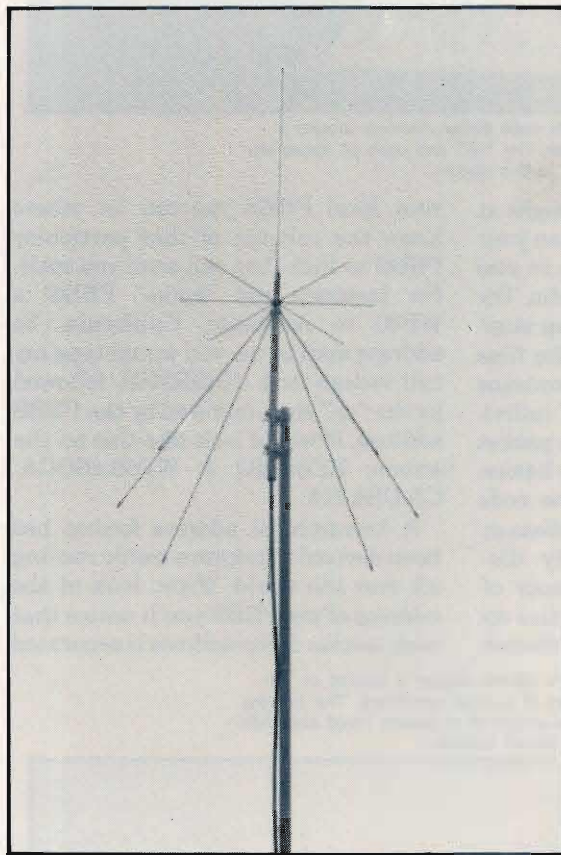
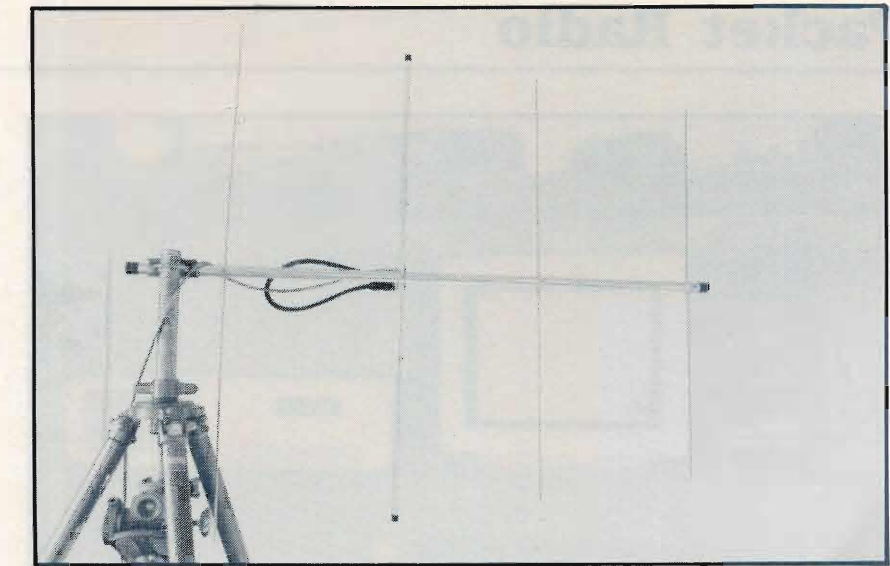
moments the packet message reads, "***Connected to LAS:K7WS-1." From Las Vegas I connect to a node in Cedar City, Utah by typing, "C WA7GTU-1." Cedar City is 160 miles as the crow flies from Las Vegas.

In about 10 to 20 seconds the screen reads, "***Connected to CDC:WA7GTU-1." My packets are now going through three nodes but it takes five to handle this conversation. From Cedar City I connect to a node in Milford, Utah. Milford is only 50 miles north of Cedar City, but its node is located on a mountain at 4,000 feet. After the connection to MLF is made I type, "C KD7YK" and wait for a while. KD7YK is known as SNOW and is located on top of a 10,000 foot peak in the Snowbird ski resort. Packets beamed between Milford and SNOW travel 170 miles. Once the screen displays, "***Connected to SNOW: KD7YK," I type in the last call-sign, KG7WL (my father who lives in Salt Lake City).

Once connected to my dad's packet station we can carry on a conversation keyboard-to-keyboard from Anaheim, California to Salt Lake City, Utah. That's a 600 mile connection, and the nice thing about it — there's no long distance telephone charges and no need to buy postage stamps! Packet radio is like typing someone a letter, having them read it almost instantly, and then having them answer back in a few moments.

When atmospheric conditions are right, and there are few people using the system, messages can relay pretty fast. We actually timed how long it took a packet to make the journey down from Utah. From the time my dad hit the CR key to the instant the message appeared on my screen, it was seven seconds. When there's lots of traffic, packets collide and it may take repeated attempts for each node to get a message through. If that is the case it may take two or three minutes for a packet to come down the line.

PBBs, Mailboxes — When it's not convenient to arrange live keyboard to keyboard conversations you can use the store and forward capabilities of packet radio to deliver electronic mail. Many TNCs and multimodes have mailbox features that work like mini BBSs. With a mailbox system you can turn on your gear, activate the mailbox with the proper command, and then leave the house. People connecting to your packet station will be able to leave a message or even pick up mes-



A discone antenna (left) will pull in signals from a wide area. The four element "beam" antenna (above) is a directional antenna that is good for pulling in signals from a distant node or digipeater.

sages that you have left for them. Instructions from the TNC will appear on their screen and direct them in how to do this.

Once you get your packet radio station on the air you should locate a local PBBS (packet bulletin board system) to handle your electronic mail. A PBBS is very similar to a BBS using the phone lines. When you connect to a PBBS use the "help" or the "?" commands to guide you through its operation. You will find similar features and many of the same services that a regular BBS has, such as: elec-

tronic mail, public bulletins, databases, and data file transfer for uploading and downloading articles, tables, facts and figures.

You can gather a large amount of information on packet radio from BBS systems. If you already have access to a "landline" BBS contact the packet related BBS of YMH at (310) 541-2503. Files contain information on routing, node lists, local packet stations and BBSs, and plenty of beginner info. They also have times and frequencies for networks held each week. Here in the Los Angeles area we have a packet

Packet Radio



A packet radio station revolves around a computer. The TNC and radio sit above the monitor at this station.

radio voice net every Monday night at 8:00 P.M. By tuning to 145.140 on your two-meter radio you can check in and ask questions about packet radio. Try to find out if there is something similar in your area. Also, check the files for a tutor list. This list contains names and phone numbers of individuals who can help you set up a packet radio station and teach you the basics.

While it is possible to use the node routes to log on (connect) to distant PBBS systems, this is highly discouraged. It defeats the efficiency of network message handling and ties up the airwaves. Once you have chosen

your local PBBS you can let others know the callsign of that particular PBBS so that they can send you mail. For instance, my "home" PBBS is WF60 in Anaheim, California. To address mail to me you would type my call letters first (KC6RMQ), followed by the "@" sign, followed by the PBBS address. It would look like this on the screen: KC6RMQ @ WF60.#SOCA.CA.USA.NA.

A hierarchical address format has been devised to improve traffic routing all over the world. If you look at the address of my PBBS you'll notice that each section of the address is separated

The author's packet station is located on the second floor of a small apartment. The antenna is mounted on top of a camera tripod and then pointed at distant stations.



by a period. The NA stands for North America, the USA is the standard three-character country code, and the CA is the postal state code. The next designation is usually the PBBS callsign, but because California is large, a code for the local area is used. By using this address system you can send and receive mail from just about anywhere in the world.

Packet Radio Applications — Packet radio is highly useful when names, addresses, statistics and other important information needs to be distributed and/or collected. A sporting event is a good example. Ham radio volunteers help keep track of contestants and times during the Los Angeles Marathon. Information is collected by volunteers using voice transmissions and sent to designated packet stations along the route. These in turn send their packets of information to a main database packet station which is continually updated. Relatives or friends of the racers can then inquire as to their location, medical condition, or if they have dropped out of the race.

Another area where packet radio is a natural is during emergency situations like earthquakes or other natural disasters. Churches and various relief groups have implemented plans that will use packet radio stations in designated shelters to coordinate and track the condition and location of evacuees and their families. Packet radio databases will keep track of separated family members and relay information from medical facilities and rescue services. Damage estimates, dangerous utility services, and other similar info would also be collected.

Packet radio is still in its infancy and will continue to grow and advance. Most communication is done at 1200 baud — relatively slow compared to the ultra high speed telephone modems in use today. Packeteers are experimenting today with 9600 baud and give encouraging reports. New hardware and software constantly comes online. The future looks bright for the advancement of packet. With the advent of 9600 baud, additional gateways and links using HF and microwave frequencies, and amateur radio satellites to relay packet radio traffic, the "slow-speed" network we have now could become a highly efficient worldwide network. ●

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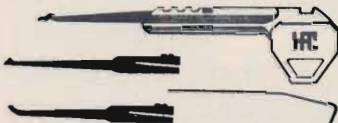
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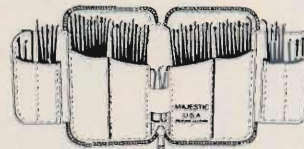
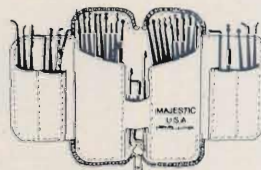
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